MANHOOD AND MARRIAGE

Bernarr Macfadden

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MANHOOD
AND
MARRIAGE

BY

BERNARR MACFADDEN

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DEDICATION

"The wages of sin is death." (Romans VI: 23)

This book endeavors to raise up the fallen, to shed the light of knowledge where only the darkness of the vilest prudery reigns, to place health of body and purity of mind within the reach of every human soul now struggling in the mire of weakness, disease, mental and moral filth. And to men who have been tortured almost beyond mortal endurance as the result of ignorance and sin, at times welcomed unknowingly, this book is reverently dedicated.

PREFACE

We are living in a remarkable period. The developments and vicissitudes of modern life and our disregard of nature's laws have combined to produce a state of disease and suffering the extent of which will shock those not informed. Ask any doctor! Examine the records of any city, or of any hospital, see the startling statistics.

The older civilizations, Oriental and European, have learned to cope with these conditions; our struggles are restricted by the prudishness and superficiality of those who say "why talk of such things." Our Public Health authorities as instanced by the Portland, Oregon Board of Health and the Indiana State Board of Health, have been awakened to the realization of the enormous inroads upon public health through the lack of sex knowledge and sex hygiene, and are accomplishing marvelous good through their educational activities.

This book has been written by one who has made the subject a life study, but it is not worth a cent, nor a moment of the time of any one to whom knowledge on these subjects is of no importance.

Extraordinary difficulties were encountered in the preparation of this book. A large part of the details discussed within its pages are too often classed as unmentionable. This prudish attitude has been the direct cause of misery, pain, and weakness, that have scourged their victims beyond the power of description. But the truth is mighty, and truth that is pitifully and tragically needed to assuage pains, to overcome weakness, and defeat death, cannot with intelligence be ignored or suppressed. This book is literally crammed with plain information of this sort. It is written for the thousands who are in dire need of this special knowledge. It does not cater to the pruriency of the curious, it does not dwell on any so-called forbidden topic, except for the purpose of disseminating important, life-saving information. Sometimes it is necessary to speak plainly. Plain talk is most terribly needed in connection with this vastly important theme. We have realized, however, that the purpose of this book might be misunderstood, that in our enthusiasm we might present important truths in a manner which might possibly be considered by those not aware of our object, as offensive.

In order to avoid a possible mistake of this sort, extreme precaution has been taken. We asked a prominent Sunday School official in one of the largest States in the Union, to go over the book carefully, and change any statement therein that could possibly offend even the most fastidious reader. After doing so, he stated that he could find nothing that could in any way be termed objectionable. He suggested various changes, however, which he thought might make the book more acceptable to those who had not previously studied this subject. All the changes suggested by this religious teacher—who is practically a specialist in directing the growing minds of youths—were made. Also we asked a well-known minister who has given a great deal of time to what is known as purity work, to read the book and suggest changes that he might think appropriate. All the changes thought desirable by this progressive clergyman were made.

Believing that another phase of the book might be questioned, we sought the opinion of medical men regarding that side of the subject. Their verdict was satisfactory in every detail. They agreed with the author that the methods of treatment recommended could be depended upon to the extent indicated and that the way to defeat disease is through knowledge.

We, therefore, feel that in sending out this book we are not only presenting extraordinary important truths, but that they are set forth in a manner that even to the most sensitive or prudish mind will not be in the slightest degree objectionable.

Manhood of a superior degree is of truly extraordinary value. It is an asset beyond price. Thousands of young men, and those that are not young, can be wonderfully benefited by carefully following the instructions to be found in the pages of this volume. May it go out and carry its important truths to every human soul struggling for the light so sorely needed amid the pitfalls of life's pathway.

Bernarr Macfadden

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MANHOOD AND MARRIAGE

CHAPTER I

The Importance of Virility

NO one can estimate the value of strong manhood. It is a physical asset that is beyond valuation, and beyond price. Vigorous manhood may come to one naturally through inheritance, and in the first flush of youth one may enjoy the turbulent exaltation that comes with the supreme force of superb virility without giving any special thought to the matter; but you can rest assured that if this splendid possession is retained even to middle age, you must have adhered, at least to a reasonable degree, to the laws that govern the retention of manly powers.

The advantage of being a perfect man—vigorous, resourceful, fearless! Who can describe it? Can we attempt to define this glorious possession in mere words? No! Manhood is the crowning glory of a masculine career. Some reach the zenith of its splendid heights through good birth. Others, less fortunate, are compelled, to a certain extent, to develop these valuable powers. But whether you have cultivated and developed them, or have come by them through the blessing of vigorous inheritance, the importance of the knowledge associated with the development and maintenance of virile manhood cannot be too strongly emphasized. Every man should desire to know the rules of health which favor the building of a high degree of virility. He should know those laws which must be observed in order to retain his manhood. There is no phase of life in which knowledge is more sadly needed.

In taking up a subject of this character it is necessary, in the first place, that we should approach it from the proper point of view. It is absolutely essential that we should regard it with pure minds rather than from the militant morality and foul-minded viewpoint of the prude. The impure mental attitude toward sex and sex problems, with the prudery and ignorance that have grown out of it, has been responsible for more human suffering, weakness and tragedy than all the wars of the world.

"To the pure in heart, all things are pure." But to the prude the most sacred facts of life are vulgar and impure. Prudery is simply the expression of an unclean state of mind suppressed artificially and in its very nature depends upon pruriency and a perverted mental attitude toward the most holy of all functions. The more conspicuous the pose of prudery, as a rule, the greater is the impurity of mind thereby indicated.

Remember that there is nothing and can be nothing inherently unclean in sex. The sexual life is simply one of the great forces of nature. It represents merely the divine plan by which life is perpetuated upon the earth. If there is anything sacred in this world, it is surely the function of reproduction. It is the highest of all functions. It is the most important of all functions. These facts are beyond the possibility of contradiction. And for this reason there can be nothing inherently evil in sex passion. Let us have a clear and definite understanding upon this point. The sex instinct is simply the race instinct, the instinct of racial self-preservation.

There is nothing impure in sex, but there is in the abuse of it. Indecency is simply a question of behavior, and cannot possibly be an attribute of any part of the body. The body has been rightly termed the "Temple of God." Impurity, if present, lies in the contemplating mind, and not in the body, or in any part of it. Sex passion has often been referred to as our animal nature or lower nature. This conception is the natural result of the perverted point of view that has been fostered through prudery. The minds of civilized men and women have been saturated with this form of mental poison, but it requires only a little common sense to see not only the absurd but even the blasphemous character of such a view. The sex instinct is the source of all that is sweet, beautiful and ennobling in the love of man and woman. It is the divine force that brings them together, and that holds them together. It is only the abuse of the function that one needs to be ashamed of—a question of misbehavior. And it is only when the mental attitude is wrong, and sexuality is without restraint, that it becomes sensuality.

With this fundamental understanding as to the proper attitude of mind toward the whole subject, we may consider the various problems associated with it seriously, earnestly and honestly.

To be strongly sexed means to be thoroughly alive, to be vital, to be vigorous in every other respect as well. To be strongly sexed does not mean the possession of mere localized strength in the reproductive system, for sex is related to the entire organism, the mind as much as the body. Remember that sexuality is not merely a physical quality. It is a quality expressed as much in the mind and spirit as in the emotional body. It pervades one's entire being. And it is partly for this reason that the subject is of such all-embracing importance.

The importance of the sexual glands as a factor in the all-round strength of the body and mind is not generally understood. For in addition to their special function of reproduction they supply what is often called an "internal secretion," the importance of which in the general bodily economy cannot be overestimated. In this respect they are like the so-called ductless glands, which have an importance in the bodily processes out of all proportion to their size. The thyroid gland, for instance, has a function in the regulation of various processes so important that when it is lacking in childhood, or its function seriously impaired, the result is a lack of physical and mental growth, lack of resistance, and a form of idiocy known as cretinism. Another tiny ductless gland, the pituitary body, has a similarly mysterious but profound influence on growth, strength and health. In the same way the sexual glands in both sexes are vitally related to the strength and growth of the body as a whole.

How important these sexual glands are, and just what virility means in relation to strength of mind and body, is made clear by the condition of those deprived of them in childhood. The operation of removing the testicles is known as castration, and a person so emasculated is known as a eunuch. Castration is a practice not uncommon in parts of the Orient. It is usually performed upon the persons of slaves. The lesson taught by the eunuch is found in his lack of all manly qualities, both physical and mental. His high-pitched, childish voice, undeveloped body, physical weakness, lack of vital resistance and short life all indicate clearly the importance of the glands of which he has been deprived. The beard does not grow, as in the case of the virile man, the voice does not change, the muscles lack density and firmness and the nerves are weak—all of these conditions indicating a lack of general constitutional vigor due to the loss of the "internal secretion," the substances normally supplied to the living fabric by the testicles.

And what is, perhaps, of even greater importance, the effect upon the mind is just as serious as upon the body. The eunuch is never more than the merest child mentally. He lacks courage. He lacks ambition. He lacks the power of mental concentration. He lacks every mental quality that distinguishes men of great virility.

The same lesson is to be gained from a study of castrated animals. Compare the meekness and weakness of the ox with the spirit and power of the fiery bull. Compare the spirit and physical energy of the stallion with the mild qualities and lesser strength of the gelding. It is well known that horses are castrated simply to make them tame and safe for driving. Emasculated pigs produce fat in larger quantities than normally, which means that they are less firm and vigorous than in their natural state, and constitutionally inferior. When fawns are castrated before the appearance of their horns the latter do not grow at all. The mere question of horns may not seem important, but such conditions indicate deep-seated constitutional deficiencies, and they accompany similar deficiencies of mind and spirit. Certainly you, reader, would not wish to undergo such an operation in order to make you "tame" and capable of "easy and safe driving."

These facts are all important as showing the value of virility. Any weakening of this power means a weakening of mental capacity, a diminution of courage and of all other qualities that go with superior manhood. Weakened sexuality means a lack of ambition, a lack of enthusiasm, a lack of energy—in fact, a lack of everything that makes life worth living.

Now, castration is not practiced in civilized communities. But there are abuses and vices which accomplish gradually the same result, that is to say, as is attained suddenly by this operation. It is partly the purpose of this book to make clear the influence of these abuses. Those who might shrink with horror at the suggestion of such unsexing by operation, do, nevertheless, proceed at times to gradually bring about a similar result. The fact is that any abuse of the organs of sex will tend to impair their power. This lesson cannot be too strongly emphasized and these abuses will be considered in detail in later chapters.

It is absolutely necessary to live a clean life and a normal life in order to maintain the health of the sexual glands and the superb mental and physical powers that go with them. This is more important in youth than at any other period, though the rule applies throughout one's entire adult life. One cannot violate the laws of life in this respect and escape the punishment. It is necessary to reach maturity with these powers unimpaired, and thereafter to continue to avoid abuses in order to attain and retain the mental alertness and energy, the courage, the self-confidence, the ambition, and also the physical stamina that characterize true manhood.

If you are not a man, what are you? To be a male and not a man, to wear the clothes indicative of the male sex and realize that you are masquerading—a hypocrite, a pretender—is indeed a torturous experience. But remember that if you really are a man in every sense of the word, then you are in possession of all the forces that go with superior virility—for virility is nothing more than the physical expression of manly qualities. You cannot possibly possess these superior qualities without being virile. It may be definitely and positively stated that every superior quality of mind and body is to a large extent dependent upon the characteristics and emotions associated with strongly sexed manhood.

CHAPTER II

Am I a Complete Man?

"AM I a man?" When this query cannot be answered satisfactorily, when you feel that there is a doubt as to the possession of the qualities essential to true manhood, then indeed is your position difficult. You will at least realize the necessity for facing, squarely and honestly, a problem that is momentous.

Are you a complete man? If the answer is "No," then the duties and responsibilities associated with the development of the manhood which you do not possess should be immediately assumed. The question may not be easily settled in all cases. In fact, some men who are virile in every way may be in doubt as to what should be the answer to this plain question. To a large extent the pitiful prudery of the present day is responsible for this difficulty.

As a rule, however, if you possess ordinary physical vigor, if your organs are healthy in every way so far as you know, if the functions of digestion and assimilation are apparently carried on satisfactorily, you can practically depend upon the possession of manly powers. It is well to remember, however, that when the answer is doubtful there is, in practically every instance, no physical evidence of the possession of superior vitality. When you possess the pulsating, vibrating forces of life and health in all their splendid perfection, there is always plain evidence of virility. There is then no question about a man's being a man. He feels it and knows it every day of his life.

It is certainly a good plan for a young man, when he is doubtful upon such an important matter, to ask himself some very plain questions. He should have a good, plain talk with himself. And let him first of all be strictly honest with himself. "Do I possess all the strength, health and manhood that I can attain? Have I wasted my vitality and vigor? Has my heredity been a handicap, or have my forefathers invested me with a reasonable amount of physical capital? In what way am I wanting? In what way am I defective? Am I doing all I can to build superior virility? Am I as good a man as I can be?"

These questions should be asked in all sincerity, and the answers that will come thereto will, to a certain extent, give one an idea of the course of action necessary under the circumstances. If a careful examination of the inner recesses of your own soul indicates to you the need for more manhood, and the need for certain efforts upon your part with a view to cultivating your physical forces, then your pathway is plain. Make a careful study of this, and other books, and lay out a plan of action. Begin a campaign that has for its purpose the development of superior vitality and the splendid manhood associated therewith. In succeeding chapters of this book detailed instructions will be given you for this purpose.

Naturally, along with the various questions associated with the ascertaining of your physical condition, will come the query, "Am I fit to marry?"

The answer to this question will assume supreme importance at some time in your life. There may be periods when the replies thereto will torture your soul almost beyond endurance. For there comes a time in the life of every man when he wants to marry, that is, provided he is a real, well-sexed man. And when that time comes, when the right girl has been found, if a man feels that he is defective, or that there is some taint within his organism that will mar the sanctity of the marital tie, then indeed does he face difficulties that assume tragic importance.

In determining whether or not one is fit to marry, the first query will of course be concerned with one's physical condition. Are you a healthy, well-developed man? Are there any serious vital defects? Even after these questions have been favorably answered, there are still others. Is it possible that there is any venereal infection lingering within your organism? Does alcohol taint and devitalize your blood? If you have been tainted with any venereal disease, at least be absolutely sure that all traces of the complaint have disappeared, by means of blood tests. If your blood is poisoned with alcohol, turn over a new leaf. Eliminate the drink habit from your life (and do not marry until every trace of its evil effects has disappeared).

If you are weak sexually, then the problem before you pertains to the development of the vigor and vitality which will overcome a condition of this sort. It is true that in some cases one is advised to marry with a view to remedying weaknesses of this sort. In many instances the remedy is worse than the disease. This is especially true when the ordinary excesses associated with marriage are permitted and practiced. If the marital relationship were assumed with a woman thoroughly informed as to the conditions, then possibly a man's sexual strength might increase as a result of marriage. This would be practically impossible, however, if the woman should happen to be of a passionate sort. Where she is entirely normal, or but little influenced by sexual emotions, a man might, in some instances, safely hope for a gradual improvement (though in all cases there is a considerable risk in contracting marriage under such circumstances).

CHAPTER III

Is Marriage a Necessity?

THE marriage problem assumes importance very early in the life of every man. Many contend that men can live a continent life indefinitely, without being harmed thereby, and such a contention would be upheld by the facts, in the case of some men, but in the majority of instances a man demands a mate. This is a God-given law. You can see it evolving throughout the entire animal world, and from the standpoint of sexuality we belong to the animal world. The instincts and emotions associated with sexual life are shared to a large extent by what we term "the lower animals."

Many persons have led continent lives for years, without sustaining any harm by reason of their abstinence. In many such instances, their lives have been exceedingly useful to the community. Such people are the exception, not the rule, and in this instance we are not selecting unusual examples. We are simply discussing the ordinary, average man, as he is.

The sex instinct begins to assert itself at an early age. In many individuals it becomes noticeable far earlier than it should, because of the prudery that is found almost everywhere. The curiosity aroused in childish minds by the secrecy and deception practiced in regard to sex subjects, naturally increases interest in the theme, and consequently the sexual characteristics are prematurely developed in both sexes.

As a result of this evil, boys, and less frequently girls, fall into devitalizing habits. The sexual vice known as masturbation stimulates the premature secretion of the seminal fluid, and after the boy has learned the evil of his way, and is able to control himself, this rich fluid continues to be secreted too rapidly, resulting, in practically every instance, in constant losses. This question will be discussed in detail later on. These facts are presented here to show how present conditions tend to create an abnormal sexual appetite.

If a boy can escape masturbation, he will usually be almost entirely free from nocturnal losses, though some experts maintain that normally they occur from two to four times monthly. However, if masturbation is avoided the sexual appetite will not be so insistent. As a rule men who have maintained a continent life for a long period have also been free from masturbation and the evil which follows thereafter.

We may, however, just as well come out and face the problem squarely and honestly, and acknowledge that marriage is the normal condition for nearly all men. The desire for sexual gratification is the strongest force in human nature. Even the craving for food is less imperative, and often of minor importance. Every healthy, strong, virile man must, therefore, realize the necessity for marriage. He must marry somebody, and should carefully choose his mate early in life. Early marriage is advantageous largely because it saves a man from all the diseases and excesses associated with prostitution, as well as from other evils.

To be sure, the economic question assumes considerable importance when marriage comes up for consideration, but we are not attempting to settle that phase of the problem. If you have avoided masturbation, if you can be satisfied with a continent life and are apparently enjoying a normal degree of vigor and vitality while adhering thereto, there can be no objection to your continuing it. Such temperance, however, is the exception.

We hear much about the attractions of bachelorhood. Single blessedness, so-called, is frequently applauded. But in many instances bachelorhood is associated with immoralities of the worst sort. True enough the bachelor may be rarely strictly virtuous and continent—but more frequently he is the opposite. There are no marital ties to bind him, and he feels free to act as his masculine instincts may dictate, so that not infrequently he preys upon the wives and sisters of his friends and associates.

To be sure we are not so silly as to maintain that a marriage ceremony in itself hallows all sexual relations, or that such a ceremony would definitely insure that every sexual relation would be beneficial. Neither when speaking of marriage, do we refer to all unions sanctioned by the law. True marriage presupposes a keen and intense love between a man and a woman. It is this love that cements the marital bond and marriage lasts just so long as this strong affection exists. If a man and woman break the laws of sexual life, if they outrage what should be our most holy instincts, then they must suffer the penalty. Love which may have brought to each a divine joy, an ecstatic bliss, disappears, and in its place will come often a feeling of mutual disgust, or even hatred, each for the other. Where such a feeling exists, it is a decree or decision rendered by the Most High that this man and this woman should no longer live together. They have already been divorced, and we would therefore say: What God has rent asunder, let no man join together.

There are some men who cannot marry because of financial reasons. When one is so placed that marriage is practically impossible on this account, what advice can be given?

In many instances where marriage is considered impossible, there are ways and means whereby it might be satisfactorily arranged. But let us admit that there are instances in which a man is compelled to support a mother or sisters, and in which marriage would not allow him to continue to carry responsibilities that he feels are imperatively fastened upon him. Or let us take others in which a satisfactory life partner cannot be secured. What is a man to do under such circumstances?

The average book dealing with this subject will advise a continent life. Most writers will say that such a man must adhere to this strict régime until his circumstances have so changed that he can legally and properly take to himself a wife. The writers of these idealistic volumes forget that they are dealing under such circumstances with human problems that are varied in nature.

It must be admitted that when a man can follow advice of this nature it will generally be the better for him in the end; but we are dealing with human instincts and human passions that often go beyond control. The fact that we are forbidden marriage because of economic or other reasons does not necessarily take us away from all associations with the opposite sex. And with a virile man such companionship is bound at times to arouse passions and desires that seek satisfaction. What is a man to do under such circumstances? The problem is indeed hard to solve. The question involved in a situation of this kind is largely as to whether or not the man will be harmed through attempting to lead a continent life, or whether it would pay to incur the risks of disease that attend deviations from the paths of moral rectitude. In other words, are we to follow the usual policy and lay down a definite rule of strict continence to the men who cry for help under such circumstances?

The problem in every instance is varied and individual in nature. As previously stated some men can live a continent life for a great number of years without serious injury to their capacities, mental, moral, or physical. Other men, however, are so constituted that the question of a sexual mate assumes a dominating character that is actually terrifying. Such men will find a continent life practically impossible and, with their particular natures, if they possessed the determination to adhere to a régime of this character it would, perhaps, be productive of injury —though perhaps not more than a certain slight decline in vitality. But under such circumstances we are dealing with what might be termed impossibilities. Such men will not remain continent when temptation comes their way. What are we to advise in such cases?

Where the demand for the associations of marriage are so dominating in character, the situation, regardless of all other conditions, demands marriage. And it is unquestionably better that the marriage should conform to the legal and conventional standards. No matter how you may try to avoid other associations and responsibilities that your instincts crave, you cannot avoid the very definite commands of your cravings for a sexual mate.

The man who finds himself possessed of these imperative sexual demands, if allowed freely to associate with members of the opposite sex, will surely find a mate. There is no question about that. The only way a man of this kind can remain continent is to live the life of a hermit, or not meet enough of the opposite sex, and even under such circumstances there is a strong possibility or even probability of his acquiring secret sexual vices that are fearfully destructive in nature. Therefore, although you may be impressed with the idea that you are economically or otherwise so situated that marriage is impossible, yet when you find yourself mated, you should so arrange your affairs that the legal responsibilities associated therewith can be satisfactorily assumed. There is really no other solution of this problem that is tolerable or possible.

Whatever mistakes you may make, avoid the prostitute and the diseases that she carries. Tainted more in body than in soul, she should be shunned as poison. Remember also that the clandestine prostitute, masquerading under the cloak of decency, perhaps as stage performer, a shop girl, housemaid, or in some other form, is even more dangerous than the street-walker. Furthermore, aside from the dangers of venereal poisoning, intimate relations with women of this sort are destructive to character and mind as well as to body.

The use of a mistress, while it may be free from some of the dangers of other illicit relationships, cannot be regarded as a satisfactory solution of the problem, for many reasons, one that such a plan is not fair to the woman. A due sense of honor would make such a relationship intolerable.

What has been termed a "free-love union" has often been suggested, but this is equally objectionable. In most cases the term "free love" is only an attempt to justify license. It is a pretty phrase by which to further the purpose of seduction. But when the matter is taken seriously, when the union is based upon the philosophy that love rather than a ceremony sanctifies the marriage relation, and when the couple really live together as in legal marriage, then it really is marriage, and the phrase, "free love," is a misnomer. There is little or no more freedom in a union of this kind than in a legal marriage. When men and women have tried it, they have found that they are just as tightly bound by the *conditions* of marriage as they would be by the legal tie.

Marriage, therefore, is the only solution of the problem in practically all cases. Bachelorhood in many cases means immorality or secret vices. If immorality, it tends to become promiscuous, and this means almost certain infection. *The only normal, the only safe and the only decent relationship is marriage with a pure, good woman whom one respects and whom one loves, and who loves in return. This is a relationship that is conducive to health and honor and self-respect. One sex is necessary to the other, and monogamic marriage is not only the ideal but the only satisfactory form of union.*

CHAPTER IV

The Age to Marry

I BELIEVE definitely and emphatically in early marriages. As soon as a youth has attained man's estate, it is time for him to marry. The early selection of a mate will save him from many difficulties, enabling him to avoid many temptations that might be too strong to be overcome. Furthermore, early marriage establishes a high ideal at a period in life when habits are being formed. Every boy who grows to manhood has a distinct and emphatic desire for a home, for a wife and children, and all the duties and responsibilities associated therewith. He craves the companionship of one upon whom he can shower his affection. He wants a woman he can love and who loves him in return. The prattling voice of a child stirs his heart-strings. It is fitting that these yearnings should be satisfied early in life. It is to a man's advantage that such should be the case.

In offering this opinion, please remember that I do not maintain that early marriages are always best if a man can avoid the evils that often accompany the unmarried state. If the immoralities and dissipations that are everywhere so prevalent among young men can be avoided, then marriage can unquestionably be delayed with advantage. For instance, it would be safe to say that the age of twenty-five or even thirty years is early enough for a man to marry, if he could maintain a continent life up to that time. We must remember, however, that in some instances this is not accomplished. Therefore we would say that from the twentieth year marriage, or thoughts of marriage, should not be severely discouraged, for in many instances a marriage at this age would certainly be choosing the lesser of two evils.

We should distinguish, however, between what we may call early marriage and premature marriage. Marriage before the age of eighteen may be considered as premature. For those who mature late marriage even at twenty might be premature. As a rule, marriage between twenty and twenty-four years of age may be considered early, but not premature.

Complete maturity is unquestionably essential to the use of the sex function, if the highest good of the race is to be attained. The children of adult parents are usually superior. Not until they have had a chance to attain full strength and fairly good growth are well-cared-for fruit-trees allowed to bear. The same reasoning should be applied to the human race.

There has been considerable discussion in scientific circles as to the supposed inferiority of children of early parentage. After extensive study, Casper L. Redfield of Chicago concluded that manv exceptionally great men have been the product of families in which late marriage, or at least late parenthood, has been the rule. He even offered a prize of $100 to the American Genetic Association for evidence that any superior individual was ever produced by breeding human beings as rapidly as four generations to a century. He wanted to find some intellectually superior person whose date of birth was not more than one hundred years after the average date of birth of his sixteen great-great-grandparents. A second prize of the same amount was offered for evidence that any extraordinarily great man such as Aristotle, Newton, or Darwin, could be found in the three-generations-to-a-century class. The prizes were not claimed at the end of a year in which many researches had been made.

This would seem to point to the superiority of children born from adult parents, that is, parents at least beyond twenty-five years of age. It is apparently true that the greatest men do not come from lines of ancestors who became parents at early ages. This does not mean, however, that superior individuals may not be born of parents between twenty and twenty-four years of age. The weak point about Mr. Redfield's contention is probably to be found in the fact that intellectual types of people usually marry late, if indeed they do not choose celibacy. Work calling for high intellectual qualities does not usually develop sufficient earning capacity to permit marriage until somewhat past the years of youth. Late marriage among such classes means late parentage, which would naturally account for the facts to which Mr. Redfield calls attention.

Prof. Karl Pearson, a British investigator of genetics, following certain inquiries, came to the conclusion that first-born children were usually inferior to those that followed, although some other students of the question hold that his researches were not extensive enough to justify this conclusion. There was nothing to show whether the supposed result was due to the mere fact that these children were born *first*, or that it was due to the probable *youth* of the parents when the first children were born. However, there is no doubt that premature parenthood is not desirable. The lack of vitality of many Hindoos and other Asiatic peoples where child-marriage, or premature marriage, is the rule, is good evidence upon this point. It is only reasonable that fully matured parents would bear more satisfactory children.

The physiological aspects of child-bearing in early life are also worthy of consideration. Not only is adult parenthood better for the child, but the mother is better able to endure the drain upon her system after complete maturity. Child-bearing is easiest during early maturity, and becomes more difficult with advancing years, so far as the first child is concerned. A woman is most likely to have trouble in childbirth when having her first child after the age of thirty. Again, maternity before the age of eighteen is also likely to prove difficult.

It has been claimed by some authorities that in a very late marriage, following a life of complete continence, there is sometimes a tendency toward impotence, or sexual weakness, in the man. I believe, however, that this is not usually to be feared. It may be possible in rare instances, but without doubt most cases of impotence noted in late marriage are the result of venereal diseases years before and secret vices extending over a period of many years. Some authorities, however, vouch for the statement that impotence may follow prolonged continence. I regard this as a point upon which we need further evidence.

One great objection to late marriage is the strong likelihood of permanent bachelorhood. To postpone marriage means often a permanent life of celibacy. Thirty per cent., or more, of men and women of marriageable age in this country are single, which is a truly deplorable state of affairs. The longer marriage is delayed the less is the chance of its ever being consummated.

It is true that we cannot overlook the financial burden of a home and children as a factor in the problem. As a rule the earning capacity of a man in the early twenties is limited. Nevertheless the practice of careful living will do much to overcome these difficulties. Others have successfully contended with these difficulties, and it is worth the struggle. There is no question that unmarried men commonly waste large sums of money, and without a doubt the money so wasted is often sufficient to meet the requirements of a modest little home. Again, the responsibility of marriage in itself tends to make a man out of a youth. He squares his shoulders to fit himself for his burdens. He settles down, concentrates his forces. A great many young men, by choosing the luxurious ease of single blessedness, and by drifting along in that condition, undoubtedly waste many of the best years of their lives.

Furthermore, if you marry and have children fairly early, you will find that they are grown and taking care of themselves while you are still young and vigorous and able to do your best work. Also, you will be able to enjoy them more, together with your grandchildren, for you will not have reached blind and toothless senility by the time they have matured.

CHAPTER V

Selecting a Wife

MANY men select their wives by accident. Would it not usually be more appropriate to say that their wives select them? The average man likes to deceive himself when he "goes a-courting" with the idea that he is the pursuing party. He is often pleased with the thought that great difficulties obstruct his efforts in winning the woman of his choice, though in the majority of cases, if the truth were known, it is the woman and not the man who has made the choice. A woman instinctively likes to be pursued, is pleased to assume that she is running away, and naturally enjoys the keen ardor of the wooer who seeks her.

Nevertheless, a man rarely chooses his wife, and I am firm in the belief that it is entirely right for a woman to do the choosing. A woman should select the man who is to be the father of her children, for is she not compelled to nurture and carry them within her own being for many months before they can lead a separate existence?

Under the circumstances, therefore, it may be a waste of time to tell a man how to select a wife, or to even suggest what sort of a wife would be best suited to him. But a man can, after all, at least influence the choice by avoiding women who are not of the proper sort.

Now the first suggestion I would make to a man searching for a wife would be to select a WOMAN. At first thought such advice may seem foolish and frivolous, but when it is known that real women are scarce it may be worth consideration. Being a woman means something more than the ability to wear the garments associated with the sex. We hear so much about the lack of manliness in men,—that men everywhere are weak and defective. But I am firmly convinced that there are far more incompetent, defective women than there are men.

In selecting a wife, first of all remember that she is to be the mother of your children. Do you want your children to be strong, resolute, splendid specimens of humankind? If you do, then select a woman who you are sure will make a splendid mother. Remember that your child will inherit in part from your wife its chest capacity, the muscles of its back, legs and arms. Some may think that such considerations will place marriage too much upon an animal plane, but we might just as well face the essential facts of this very important relation. The science of eugenics is yet in its infancy. We are just approaching a time when this prudery-besmirched world will allow study, thought and discussion on a subject that has always been classed as indecent.

Strength in a woman is just as important as it is in a man. Strength to a large extent indicates physical perfection. It means strong organs and vigorous nerves. It insures that the instincts and emotions ordinarily associated with a perfect human organism are normal in every way. Therefore, a strong woman is more likely to possess normal feminine instincts.

Unfortunately, the sex instincts in both sexes have been at times perverted to an extraordinary degree. As sex has been a closed subject, marriage is naturally a case of "the blind leading the blind." If a woman does not possess what might be termed normal sexual instincts, it would be folly to expect her to be normal. All the rules of conduct handed down from generation to generation on this important subject have come into being largely because of the subjection of woman to the demands of the male sex. Therefore when your prospective wife selects you, try, as nearly as possible, to determine her sexual status. It is certainly proper that a man should discuss this important subject plainly and frankly with his future wife. I know that this is an unheard-of suggestion, but if it were followed before marriage it would unquestionably save a vast deal of misery after marriage. It might not prevent unsatisfactory marriages, for marriage usually begins happily, but a free discussion of this important theme would at least bring about a more perfect understanding of existing defects, and consequently would encourage an effort on the part of the contracting parties to avoid mistakes that are sure to appear when certain sexual defects are present.

It can be stated, however, with a reasonable amount of accuracy that if a man will select a woman who appears strong and healthy, whose bodily structure carries a normal amount of tissue, who, in other words, is well nourished and well rounded, whose eyes are clear and whose lips indicate a good quality of red blood, he can at least be reasonably sure that he has made a satisfactory choice.

Now that girls are taking part in athletics and are competing frequently in public games, their physical status is far more easy to determine than formerly. Whatever mistake you may make, try at least to avoid marrying a weakling, a semi-invalid. A virile, well-sexed man could not for a very long period continue to love a weakling. Above all things, do not marry a woman because you pity her. Likewise, do not marry a woman merely because you love her. For love is transient and fleeting in many instances. You may be madly in love one day and the next day your ardor will have cooled. It is certainly advisable to have something more than mere sex love in marriage whenever possible, although that is indispensable in all cases.

Accordingly, I would say, marry a woman, first, because you love her; second, because you are convinced that she would be the mother of strong, splendid children; and, third, because you admire and respect her.

Admiration and respect are determined largely by the mental, emotional and social qualities of a wife, and these cannot be overlooked when you are choosing a life-long companion. The disposition and temperament are far more important than looks. It is true that good looks often indicate a sound constitution. A state of physical wholesomeness and health is the fundamental basis for womanly beauty. But so far as the face is concerned remember that beautiful features sometimes go with a weakly mis-shaped body and a very unbeautiful disposition.

Purely physical attraction is dangerous. Do not permit your decision to be made through "fascination" or "infatuation." Many marriages have gone wrong because of having been founded on purely physical attraction. Make your choice on other grounds, as well, and become thoroughly acquainted before making the decision. For this reason the dance-hall will often be found a poor place to pick out a wife. Dancing may be advantageous as a recreation, but it is a poor medium for marital selection.

The relative value of long and short engagements is a question of much interest, but it must be determined in most cases by the individual circumstances. We may say briefly, however, that short engagements are too risky. One cannot afford to take any chances of making a mistake in this way. On the other hand, long drawn out engagements are often not fair to one party or the other. They too frequently end by being broken up, with the result that in the meantime one or the other of the parties concerned may have missed opportunities for advantageous marriage. Many lives have been blighted through long engagements which finally were not consummated. If one cannot marry for many years, and the future is uncertain, he has no right to deprive his fiancée of the freedom to make another match if the occasion should arise. As a rule, engagements of moderate length, sufficient to insure a thorough understanding between the two parties concerned, are to be advised.

Lastly, the eugenic considerations in marital selection are not to be ignored. It is always well to investigate the family characteristics that are going to be implanted in your prospective children. You cannot judge entirely from the person, mentality and character of your sweetheart. The qualities of her family as well must be taken into account. If there are traces of insanity, epilepsy and other constitutionally weak strains in the parents, grandparents, brothers, sisters, uncles or aunts, you will probably conclude that you do not care to risk the transmission of such qualities to your children. If you decide to marry into such a family be very certain that your own family tree is sufficiently vigorous to off-set its weak strains. I cannot enter into this question in detail here. Heredity is a subject that is only beginning to be understood in a really scientific manner, but I may say that the most important fact to be kept in mind, apart from the question of physical vigor, is that the qualities of grandparents are especially likely to reappear in their grandchildren. The various children in a family are more likely to "take after" their various grandparents than their own parents, though in some cases certain strongly marked and dominant characteristics may be noted alike in grandparents, parents and children. It is a good plan to find out what is in the "stock," and then be governed accordingly.

There is no denying that the marriage of cousins is sometimes productive of healthy and normal children, when the stock is exceptionally vigorous and free from all defects, taints or weak strains. Usually, however, the marriage of cousins is risky and inadvisable. Any weak strains in the common ancestry are practically certain to be reproduced and exaggerated in some of the children produced by the marriage of cousins. It is better to take no chances with consanguineous marriage, unless you know all branches of both families several generations back.

CHAPTER VI

Love-Making and its Dangers

THE inclination to "make love" is one of the inborn characteristics of humankind. You see this phase of human nature in all its various forms, extending all the way from a glance of the eye to the most extreme form of affectionate intimacy.

The habit of "falling in love" should begin early in life. When you hear of a boy or girl six or seven years of age having "fallen in love," you are greatly amused; and yet it is the beginning of a tendency which should not be discouraged. The practice of teasing boys and girls merely because they have found a source of attraction in some one of the opposite sex should be avoided. In fact, such an inclination can be advantageously encouraged, for it is through the development of such instincts that boys become manly and girls develop into splendid women.

Such friendships have a tendency at least to take away the obscene nastiness with which prudery enshrouds all subjects associated with sex. Furthermore, the free and pure association of boys and girls at this age partly satisfies and makes more normal what might be called their "sex cravings." There is no doubt that in many instances such associations help greatly to prevent the immoralities and abuses that begin with masturbation and often end with prostitution and marital excesses that destroy body, mind and soul. In fact, I am firmly of the opinion that masturbation in boys is caused, in some instances, by the separation of the sexes in school and elsewhere.

I am convinced that it is a mistake to segregate the sexes at any time in life, from childhood to the grave. They should be allowed to associate freely with each other. Wherever there is separation, in practically every instance various evils spring into existence. Man was made for woman; woman was made for man; and the more clearly and definitely this law of the Almighty is recognized and rigidly adhered to the more we shall secure from life. Life is only full, complete and satisfying in every detail when the innate desire for association with the opposite sex is completely satisfied. Let us therefore not condemn the innocent courtships of children; nor look too harshly upon the ardent love-making of youthful swains when no harm is intended.

To be sure, love-making of a too ardent sort before marriage is often followed by evils of considerable significance. A lover's kiss, for instance, if accompanied by ardent embraces, is sure to arouse the passions to a white heat, and when love-making of this sort takes place at frequent intervals, before marriage allows the natural intimacies which should follow such associations, there are frequently very serious results.

When there is a sincere and strong love and when marriage is definitely intended, very great care must be used to avoid stepping beyond what might be termed "the danger line." If under such circumstances the lovers are left alone, as they frequently are, there comes a time when resistance to the natural impulses is almost impossible. It is well, therefore, for lovers to use the greatest degree of care to avoid overstepping the mark.

In extreme cases, when marital relations have preceded the legal union, the mistake has been regretted for years afterward. It has often made the husband mistrust his wife. It has sometimes made the prospective husband abandon the girl for whom he has lost respect, because she has yielded to him. It has often made a man feel after marriage that his wife is lacking in control, and that her loyalty could not be depended upon. We should remember, however, that it is the intense love between man and woman that constitutes the real marriage tie, and that every intimate relation of sex under normal conditions should strengthen this tie. If a woman loves a man with all the intensity of a strong nature, he should not condemn her throughout years of married life simply because she may have been unable to resist the temptations that come with too free love-making previous to marriage. The man is often much more to blame under such circumstances than the woman, and if there is any conventional tendency to applaud the man who breaks an engagement when his fiancée allows too much freedom it should be most emphatically condemned.

When a man comes to a woman representing that he loves her with all the intensity and ardor of his nature, when he offers to give her everything, should she be blamed if she takes him at his word, believes him to be honest and trusts him accordingly? This is an old, old story. Many lives have been blasted through mistakes of this character. When a man's ardor cools and his respect for a girl who makes a mistake of this sort disappears, he has not honestly and unselfishly loved her in the first instance. He is not a real man in the true sense.

There can be no doubt that the explanation of why girls first go wrong is usually to be found in this "playing with fire." Too much "spooning," involving continued kissing and close personal contact, is dangerous. Furthermore, the blind force of physical attraction may cause one to make a mistake in the choice of a wife, inasmuch as one is, under such circumstances, insensible to the mental, social and temperamental qualities of the other. If the association were largely mental and companionable, he would better understand her character and her suitability as a wife. But when the association is intimately personal, with too much physical contact, the passions thus aroused may lead him into a marriage that neither of the two would consider or desire under conditions of cold and sober judgment.

There is no reason why lovers should not be permitted a "good-night" kiss, and there is no occasion for frigidity of attitude or too much distance, but on the other hand to permit long periods of embracing is dangerous. A policy of "hands off" would mean better health and perhaps added respect each for the other.

But aside from such considerations, the physiological results of too ardent love-making in the way of bodily harm are of special importance. Not only will the misguided young people suffer from the injury to the emotions due to unsatisfied sexual excitement, but they will have to contend with the weakening effect of the congestion and inflammation of the organs concerned when passion has been aroused and then left ungratified. The results are serious in many instances. As for the young man, varicocele and more or less inflammation of the prostate gland naturally follow the congestion of the parts due to this practice. When extending over a period of months or years, it would tend to produce impotence or other sexual weaknesses. To the young woman, might come the congestion of the parts which would occasionally produce leucorrhea, possibly prolapsus of the organs and often a train of other evils associated with the weaknesses of women. And do not forget that the emotion-strain involved in awakening passion when it cannot be satisfied is a powerful factor in many cases in bringing on neurasthenia. Bodily contact and intimate personal associations of this character, when carried too far, must be classified as among the most weakening of all sexual errors or abuses.

CHAPTER VII

Establishing the Intimate Relations of Marriage

MARRIAGE is one of the most important steps a man can take. It may make or mar one's entire life. It can build you up or tear you down. It can ennoble every phase of your character, or it can make you a miserable, cringing failure.

In view of the far-reaching importance of this influence on life, is it not well to give much careful thought to the establishment of the relations which are freighted with such momentous possibilities? And is it not a frightful mistake that so few men or women receive any sort of correct instruction about the problems of married life?

We may take it for granted, first of all, that you have married not only because of love for your wife, but also because of a deep-seated, sincere respect. Therefore you should begin the divinely instituted relationship of holy wedlock in a manner that is fitting in every way.

You should clearly understand that you have no rights in wedded life which are not freely, willingly, and even eagerly given you by the wife of your choice. Some authorities declare that 95 per cent. of all marriages are unsuccessful. Knowledge and consideration on the part of either or both the persons about to be married would marvelously change these figures. Some men hold the profane and pitiless theory that marriage gives a man the right to outrage a woman regardless of her desires. Such a view makes the relationship an almost unrelieved purgatory for the wife.

The least a man can do who expects to assume the serious responsibilities of marriage is to learn something of what might be termed "the feminine rights." No man has a right to force his desires upon a woman, and if ever there is a time in a man's life when passion should be reasonably controlled, it is during the first few days of married life. Love is a wonderful power. It beautifies and ennobles every phase of human life. When it enters your heart, every possible effort should be made to retain, strengthen, and deepen it. Therefore treat your wife with every consideration. Let the lovemaking of your courtship days continue as before. If you value your happiness and the love of your wife, postpone the intimate relations of married life until she anxiously desires them. Uncontrolled passion in the early part of married life can have but one result, and that will be disappointment and perhaps repulsion upon the part of both husband and wife. In most cases it is advisable to avoid these relations for some time after marriage. Sometimes a month or more will elapse before they can be entered upon wisely.

Furthermore, remember that women in some instances require this particular part of their nature to be developed and awakened. A wife's acquiescence must be courted and won. When a husband rushes roughly and hastily to the gratification of animal passions, the love of the wife may be instantly and permanently destroyed, and the possibility of a happy home life may be forever eliminated.

The husband should first of all make up his mind that the wife is to be the controlling factor in all sexual relations. If during marriage he continues the conditions of courtship, and the lovemaking associated therewith, her instincts will always indicate the time when the marital relation may be wisely entered into. He will soon understand her attitude from her responses to his caresses.

CHAPTER VIII

Marital Mistakes and Excesses

MARRIAGE can bring happiness comparable to a heaven on earth, or it can bring misery which might be compared to infernal tortures.

In the intimate relations of married life, man has taken it upon himself to assume the prerogative of dictating to womanhood. This fact is the cause of most of the evils and excesses which we find in marriage. Within the heart and soul of the female are, or normally should be, implanted the definite instincts which indicate the natural period during which the intimate relations of sex can be enjoyed. But in too many marriages, largely because of ignorance, the husband entirely ignores this feminine requirement. He follows the demands of uncontrolled passion, and in some instances the wife feels herself outraged on the first night of her marriage. She may feel that her husband has taken only what are supposed to be his legal rights, and yet her instincts rebel against the treatment she has received. In some instances the wife conceives a feeling of loathing, or, it may be actual hatred, for the man for whom she previously had a strong affection.

Occasionally one sees in the newspapers some reference to a bride who has left her husband the morning after the wedding. Probably there are thousands of other cases in which the newly married woman feels a similar impulse to escape from the man to whom she has given herself, refraining from actually doing so because of the fear of what people will say, or for other reasons. The reason is always to be found in a lack of consideration by the husband on the wedding night. The worst part of it is that the psychic or mental effect of such a brutal introduction to the marital relation is likely to prove permanent. In some cases the psychological effect can never be overcome. The shock to the mind and soul of a sensitive woman, resulting from treatment of this kind, is so far-reaching in its effects that it is likely to dominate her attitude towards sexual matters throughout her whole life. Under proper and natural conditions it is to be expected that a woman's sexual nature will be easily awakened, but after an experience of this kind it will be very difficult for the husband to develop in her a normal attitude toward this relationship.

Apart from the psychological effect upon the wife just mentioned, the actual physical injuries in some instances are very serious, particularly when much force is used. Although the loss of a very little blood may usually be expected as the result of the breaking of the hymen, yet in some cases very severe hemorrhages have been brought about through the use of unnecessary violence. Hemorrhages of this kind following the wedding night have even been known, in rare instances, to prove fatal. There have also been cases in which the urethra has been penetrated, instead of the vagina, resulting in serious injuries and lacerations. It is true that these deplorable results are due almost entirely to ignorance upon the part of the husband, as well as upon the part of the wife, but they emphasize the necessity of following the guiding instinct of the wife in all cases.

With every marital intimacy there is a loss of a considerable amount of that life-giving fluid known as semen. One drop of semen is said to be equal to sixty drops of blood, and whether or not this statement is true, the life-creating fluid is certainly a concentrated product of extraordinary richness. When seminal discharges occur in sexual intimacies in which the man and woman co-operate, there is an exchange of magnetism or of energy, call it what you will, which makes up for the loss. But when the relationship is one-sided, when it is insisted upon by the man and not desired or enjoyed by the woman, there is a definite loss in vitality in every instance, there being no return to the man of the energy represented by his loss. In fact, there are many one-sided intimacies of this sort which are undoubtedly almost as harmful to the man as masturbation, to say nothing of the physical and psychical injury to the woman. Now, when a man insists upon what he terms his marital rights, and when he gratifies his passions nightly, or at frequent intervals, he is wasting energy, losing vitality, throwing away strength that could be used to make life resplendent with great achievements.

Marriage is often accompanied by sexual excesses. In many cases such grave mistakes bring bodily weakness and mental deficiency. All of the functions of the body are busily engaged in trying to recover the energy that has been spent in sexual dissipation. The body, it should be remembered, is just as strong as its weakest part. It may aptly be compared with a chain that is as strong as its weakest link. Therefore, when any influence comes into one's life which lessens the vital strength, the weakest part is attacked. For instance, one man may have a tendency toward weak lungs, and when the common sexual excesses associated with marriage intervene he quickly acquires consumption. Another may have a weak heart; still another may have a tendency toward diseases of the kidneys; and sexual excesses develop these weaknesses. So we might go on enumerating defects which would, perhaps, never have assumed serious forms, if it were not for the generally devitalized condition of the system resulting from sexual excess. Even where no serious physical disorders appear as a result of this form of legalized and sanctioned dissipation, one should remember that it robs the brain as well as the body. It saps the energy. No man can be mentally capable and efficient who is continually draining his vitality by sexual excesses. He is sure to be dull and dopey, and it is unreasonable to expect, in fact, it is impossible that such a man should make a success of anything in life. Such men become slaves to their mad desire for sexual satisfaction.

It should be said that when the relation is mutually desired, the woman can usually endure far more sexual abuse than the man. When she is gratified in the relation it is not so weakening to her when carried to excess. In other words, the border-line of excess is, as a rule, reached more quickly by the man than by the woman. If you are observing, you may note, in the course of a Sunday afternoon walk in city parks, or on the streets, many instances in which a healthy, plump and robust-looking woman is accompanied by a sallow, debilitated, thin, dragged-out and dried-out-looking husband. The vital condition and the sexual condition of each will be plainly indicated in their appearance. The vitality of the husband is simply insufficient to support an amount of sexual indulgence that is entirely healthy and satisfactory in the case of the wife. The vital loss in his case, through the continued drain of the seminal fluid, is far greater. On this account it is even more important for the husband than for the wife to exercise temperance in this relationship.

It is, of course, entirely natural for these excesses to be followed by a weakening of the function, tending toward impotence, or actually producing impotence and premature senility. Specialists in the treatment of sexual disorders find occasional cases in which complete impotence has been brought about within six months after marriage, purely as the result of excess.

The conditions under which a woman suffers most, in connection with abuses and excesses in the marriage relation, are those in which the act is one-sided, the wife simply serving as a tool for the gratification of her husband. This is not only a moral affront to her, but also a source of physical weakness and injury. Intimacies undesired by a woman are always harmful to her. It is an outrage upon her body as well as upon her instincts and feelings. It is only when she is in a state of receptivity and readiness for the relation, when her passions have been thoroughly aroused to the extent of actually demanding satisfaction, that her organs assume a condition in which the act will not be injurious. If she is not in a condition urgently to desire the relation, then it will be productive of irritation and congestion, frequently resulting in serious weaknesses, such as the state of prolapsus of these organs from which so many women suffer.

In most instances sexual excesses bring a fitting punishment. In other words, they destroy the love existing between man and wife. Satiety brings about a condition of disgust and what may be best described by the term "sex-antagonism." This is accompanied by a condition of physical repulsion and resentment that makes impossible even a peaceful companionship between the two. It is a reversal of the sex-magnetism which first drew the two together. The strength and power of this sex-antagonism is exactly in proportion to the strength and force of the attraction which was previously experienced. It is the one supreme source of friction in married life. It is the one all-powerful force which drives so many men and women to the divorce courts. Various complaints may be named in the papers filed in a divorce suit, but the condition of sex-antagonism is usually back of these various complaints. Remember that the sex impulse is not, as so many people imagine, a purely physical manifestation. It pervades one's entire nature; it is not only physical but psychic as well. It is a part of one's very soul, and its influence is reflected in every personal and social relationship. For this reason outraged sexuality will breed a degree of hatred and antagonism between a man and woman which is measured quite accurately by the former intensity of their love for each other. These are important facts. Thousands of husbands and wives continually experience this sex-antagonism without understanding the cause of the unbearable friction between them.

As a result of excesses the most sacred of all human relations is made cheap and commonplace. The marital intimacies finally lose flavor for the man, and frequently are endured by the woman simply from a sense of duty. Consequently the husband is likely to be attracted by other women, and the wife, in turn, is not in all cases blind to the attractions of other men. And there you have a picture of a great many so-called homes of to-day. Husband and wife in name only. Married, though in reality separated. Living in the same house, calling it home, and apparently "grinning and bearing" their unpleasant relations because of the children, or because of their fear of the notoriety that might result from a separation.

As I have said, marital excesses usually begin with the mistakes of the wedding night. They are due, in most instances, to the man's ignorance and mistaken ideas of his privileges. In some cases, however, they may also be brought about through abnormal manifestations on the part of the wife. Some women are possessed by an uncontrollable passion. They are never satisfied. The intimacies of sex are acceptable to them at all times. The man who has contracted a marriage with such a woman must either possess extraordinary will power or enormous vitality, else he is doomed to certain destruction. No ordinary man can withstand the drain on his vital resources that will almost certainly take place under such circumstances.

It should be remembered that the male is supposed to be always ready in a sexual way. In other words, he simply awaits the call of the female, while the latter is supposed to have certain periods during which alone her passions can be aroused. This rule applies throughout the entire animal world. These periods in the human race are usually found two or three days before menstruation and several days thereafter. But when a woman is apparently not affected by these periods, and is in what might be termed a chronic state of passion, the husband confronts difficulties that are extraordinary in character. Such a marriage cannot possibly be productive of permanent happiness, and we should be thankful that it is likely to be childless.

CHAPTER IX

Regulating Marital Intimacies

THIS is no doubt one of the most serious problems associated with marriage. It is true that when a man and woman are in possession of unusually good health, it does not, in many cases, assume the character of a problem. To a certain extent, under such conditions, it regulates itself. After the newness of their intimate association has worn off they gradually settle down to periods of intimacy determined very largely by the wife. This is as it should be and, naturally, in most cases, pregnancy intervenes. This, in itself, soon lessens the number of intimacies, largely because they lose their attractions.

The mental attitude toward the problem, however, is of very great moment. When a woman does not possess the guiding instinct that is so important under such circumstances, and when she is influenced by the conventional theory of her duty towards her husband, mistakes are made which are often serious in their consequences.

The key-note of the whole situation is to be found, as previously pointed out, in the wife's instinct. She should be the guiding star. In other words, it is the female who should appoint the time, lead the way, indicate the period when intimacies should be permitted. It is the wife's duty to furnish the sexual "governor" of married life.

As a rule, if a woman is passionate at any other time excepting a few days preceding menstruation and seven to ten days thereafter, she is not controlled entirely by a normal sexual instinct; and few women are so abnormal. Ordinarily, the period when these intimate relations can be most thoroughly enjoyed and when actual benefit can be secured therefrom, is immediately before or after menstruation, for then a woman is more easily aroused sexually. This is also the particular time when conception and pregnancy are most likely to take place. It is the Almighty's plan that it should be so. For this reason, many women are inclined to avoid this particular period. They try to confine sexual relations to a time when they consider that pregnancy is not so liable to intervene, namely, about the third week after menstruation. We must recognize, however, that intimacies at such a period are usually harmful to the man and to the woman as well.

Sex was not intended primarily for the pleasure associated therewith. The Creator had a deep, underlying purpose, and when we defeat this purpose, using this important function solely as a means of pleasure, we can rest assured that the full penalty will be exacted from us.

In regulating marital intimacies, you must first determine whether or not your wife is possessed of normal sexual instincts. If she is, then be assured that she will guide you rightly if you will merely follow her lead. If your wife is abnormally sexed and seems to enjoy these relations at all times, then you have a problem before you that is not by any means easy to solve. A very plain talk is absolutely essential under such circumstances, if you wish to avoid serious inroads upon your vital economy.

On the other hand, if your wife is cold and unresponsive, if she never seems to co-operate or reciprocate in the marital act, it is your duty to remain the lover until such a time as her desire can be awakened. If you force yourself upon her, simply satisfying yourself and making no effort to satisfy her, you will not only be harmed by the practice, but you will make it impossible for her finally to develop the passion which is essential to the normal intimacies of marriage. It will really be your fault if your wife remains "frigid." One might say that under such circumstances, if you truly love your wife, you will refrain from the marital act until your life partner has developed a definite desire for such relations. This can be brought about not only through the delicate attentions of affectionate love-making but also through the development of her physical strength and health.

In many cases the lack of sexual passion is due, to a large extent, to general physical weakness, and every effort should be made not only to build up the entire physical organism, but especially to bring into active use the muscles in and around the pelvic regions. Greater strength and improved circulation in this region are important.

It may be said in this connection that bathing also has a marked effect upon the sexual impulse in many cases, apparently as a result of the tonic or invigorating effect upon the nervous system through the hundreds of thousands of tiny nerve-endings located in the skin. Physiological psychologists have declared that fundamentally the sex instinct is a development or specialization of the sense of touch. Any influence which may exert a tonic or stimulating effect upon the skin, therefore, such as bathing, for instance, might naturally make more or less impression upon the sexual centers. Havelock Ellis, the famous British scientist, who is undoubtedly one of the world's greatest authorities on the psychology of sex, has given considerable study to this phase of the subject. According to his conclusions, the great public baths of Rome were closely associated with the well-known licentiousness of that ancient Empire, apparently as a result of the sexually stimulating effect of the forms of bathing so much in vogue among the aristocrats of that time, involving much heating, rubbing and friction of the skin. It is also claimed that the Christian fanatics of the Dark Ages avoided bathing and went about in the state of filth that historians record, simply because they recognized that bathing, through its influence upon the sense of touch, was inclined to stimulate the sexual instinct.

However this may be, it is certainly true that bathing is conducive to improved health and that it tones up the nerves, both results tending to improve the sexual condition of one who is weak or in poor health. Cold baths of a minute or so are especially invigorating, to those in fine health, while for this particular purpose the cold sitz bath is exceptionally valuable. Likewise air baths have a splendid tonic effect upon the nerves. These points are important if one has to deal with a wife who is sexually apathetic.

A question often asked in connection with this subject is, "what is excess?" It would be difficult to give an absolutely definite answer. What might be termed excess for one man might be regarded as moderate indulgence in the case of another. There are marked differences in individuals in this respect.

Generally, however, if these relations are confined to the period previously referred to, that is, the particular time during each month when a woman is warm and capable of reciprocating in every way, a man can indulge to a reasonable extent with actual physical benefit, but a rest of considerable time should follow indulgences of this sort. The theory often brought forward that a man should be allowed one intimacy a week, one every other night, or be placed upon any other schedule, making a "cut and dried" affair of these sacred relations, is radically wrong from every standpoint. Sexual intimacies should be confined to a period when they can be intense to both parties concerned. They should not be allowed at any other time. They are to be prohibited absolutely when pregnancy is definitely indicated.

When the sexual relations have drifted into a nightly affair, when they occur with the same regularity as going to dinner or getting up for breakfast, they become so commonplace as to be unworthy of the name. Men and women who follow a *régime* of this character simply rob their lives of all that is beautiful and ennobling. As for the devitalizing influence of such a practice, it can scarcely be described in words. The man becomes an automatic, insensible, doped machine. The woman becomes a chattel, a slave, without feeling or emotion. When the woman cannot reciprocate in relations of this character she usually suffers to an unusual degree and loses all zest in life. Ambition, enthusiasm, vivacity and the ordinary attractions of superior womanhood will all disappear when a woman gives herself up in this unnatural manner.

Nevertheless, we are compelled reluctantly to admit that marriage in many instances means regular relations of this sort. Marital intimacy degenerates into a mere habit, a miserable matter of "routine." As a rule it is only when a man approaches partial impotence that he awakens to the full significance of his mistake. If he continues even then to dissipate in the same manner, he soon reaches complete impotence. Sexual capacity, as I have already said, was created for a divine purpose, and when it is abused in this manner the victim of the mistake frequently finds himself without either sexual desire or power. He becomes impotent—a weak, useless, incomplete man, a nonentity, a mere pretence. In many instances such cases are incurable. Through a process of physical upbuilding a cure can often be effected, but there is no other means through which this complaint can possibly be affected in the slightest degree. It may be added that impotence often really acts as a life-preserver, by putting an end to these excesses. Were it not for the coming of impotence to interfere the victim would probably continue until he killed himself.

CHAPTER X

Should Husband and Wife Occupy Separate Beds?

IS it desirable for husband and wife to sleep together according to the old-fashioned custom, or should they occupy separate beds? The answer to this question will naturally vary in different cases. In many instances the bodily contact and close association involved in sleeping in the same bed arouses the passions unduly and naturally tends to lead to excess. Where such is the case there is but one alternative, and that is separate beds.

This plan would no doubt be more especially desirable in the early period of married life. It is then that most care is necessary to avoid overstimulated sexuality. As Bernard Shaw very aptly expressed it in one of his cynical moments, "marriage is popular because it combines the maximum of temptation with the maximum of opportunity." Unquestionably there is a great deal of truth in this remark. If it is found in a given case that the plan of sleeping together means continual temptation, it will undoubtedly be better to occupy separate beds; then it will be more likely that only the normal instincts of the husband and wife will bring them together at the proper times. Under such conditions the marital relationship is less likely to degenerate into a mere "habit," but will continue to be a true expression of love.

It must be remembered that if sexual excitement is to be avoided, those caresses that lead up to the sexual intimacies should be avoided. The lover's kiss, for instance, is not permissible if you do not desire to arouse passion.

We must recognize that sexual excitement is to a large extent brought about by mental processes. It depends greatly upon the woman and the man concerned. Each is influenced greatly by his or her mental attitude. However, it must be admitted that the woman in the case is the real controlling factor. The answer to the question under consideration will depend largely upon her power of control.

In the plan of occupying separate beds there is some advantage in the fact that there is less likely to be any overheating of the body. One is usually able to rest better sleeping alone, and to enjoy a better nervous condition. This, however, is a matter that depends somewhat upon the individual.

In some instances even the plan of separate rooms may be an advantage. The forced intimacy of sleeping together may detract from the mutual attractiveness of a married pair. A little distance lends a certain charm to the source of attraction. Familiarity may not "breed contempt," as the old saying puts it, but when a thing becomes too common it inevitably becomes less enticing. When a thing is too easy of attainment and requires no pursuit and no courting, it is sometimes neither desired nor appreciated. The use of separate rooms by a married couple would, no doubt, help greatly in maintaining the attitude that existed during courtship, before marriage. Where there is a strong tendency toward excess, separate rooms may be useful, but under the normal conditions of a happy marriage they would not be tolerated.

Remember that where there is no excess, no satiety, there will be infinitely more zest in the marriage relation. And there is no doubt that the plan of separate beds, in some instances, will favor the policy of "courting" by the husband when he desires the privilege of expressing his love in this way. Satiety brings its own punishment. As already said, this relationship cannot be enjoyed to any great extent when it is too frequently indulged in, and especially when it is permitted during periods when the female cannot desire it or participate in it. When one's sexual nature leads to excesses or abuses, separate beds are always to be advised.

But unquestionably in instances where there is a very strong and very intense love between a man and woman, and when the wife has learned the importance of holding passion in abeyance except during the physiological periods when its expression is normal, there may be no occasion for separate beds. In fact, when a man and woman can occupy the same bed and can exchange caresses that do not arouse the passions, I would certainly say that they are benefited thereby. A man and his wife should be able to caress each other in the ordinary way with the same simple feeling of pleasure that comes to children when they express affection for each other. A man should never show passion until the woman intentionally arouses it.

Therefore, under absolutely normal conditions we might say that separate beds are not necessary. We must, however, admit that we are not living in an age in which normality is usual. It might really be termed the exception. Accordingly, in most cases we would say that separate beds are to be recommended. There is much less liability to excess. The intimate relations of the sexes, when they do take place, are far more satisfactory. They are not so likely to be enervating and devitalizing in their influence, and the strong affection existing between husband and wife can be maintained for a longer period.

By all means, occupy separate beds if you find it necessary. But if you can control the intimate relations of marriage without so doing, you will undoubtedly find more satisfaction and benefit from occupying one bed.

CHAPTER XI

Conserving Love—The Basis of Marital Happiness

LOVE is absolutely essential to the maintenance of marital happiness. There can be no real marriage without a strong, deep affection, and the intimate relations involved cannot be properly or satisfactorily continued without love. Love is a cementing force, a magnetic power that draws each sex toward the other. Therefore the first essential in perpetuating the joys and delights associated with true marriage is to acquire the knowledge necessary for the conservation of the love and attraction which each has for the other.

Love performs a very definite and serious purpose—the perpetuation of the human race. When we are enthralled with the exaltation associated with the intimate relations of marriage, we are simply being used as instruments for the performance of a well-defined, practical purpose. Each human atom is brought into the world through such influences. If love should disappear, there would be no more homes, filled with joy; there would be no more prattling, musical, childish voices; the race would soon dwindle away into nothingness and oblivion.

The keenest pleasures in all human life are found in the anticipations of marriage. But the actual union, unfortunately, dulls the keen ardor of the lovers in many cases. Now, the delights of marriage are maintained only as a result of adherence to the well-defined, physiological laws that have been set forth in preceding chapters. So long as we adhere to these natural laws, just so long can we expect to partake of these joys. In other words, to make permanent the happiness of marriage, we must perpetuate love. And this requires that there shall be no mistakes, abuses or violations of God-given laws.

Love is the one solution of all marriage problems. Conserving love is the only way to insure happiness. There is much talk everywhere about marriage and divorce, preachers and writers in practically every case beating about the bush and assiduously avoiding the important fact that marital happiness and love are largely dependent upon a normal and happy sex life. This is fundamental. It is an unsatisfactory sexual relationship, or lack of sexual harmony, that is responsible for many divorces. Some authorities who have spent a lifetime studying this question emphatically declare that sexual difficulties are at the bottom of every case of divorce, without exception. Of course that is an extreme statement, but there is no question that it is true in many cases. Health and a normal life form the basis of happiness in the home, and health depends upon freedom from excesses or abuses and strict obedience to the physiological laws of marriage.

Marriage is not simply a social compact, a matter of mere companionship, as some would like to suppose. It is not founded on "Platonic love." The element of union is an indispensable factor. There is no real marriage without it. *True marriage* is a relationship that involves the mental, spiritual, social and physical union of the two parties concerned.

When the sexual relationship is not of the perfect and absolutely satisfactory nature that I have described in preceding pages, there is less likely to be possible a continuation of the strong conjugal love that should exist in any true marriage. Even when a healthy man and woman attempt to live a completely continent life, they will usually run the risk of a decline in the love that they may first have had, or of a loss of happiness. It is true that in some cases a couple may be able to tolerate such a condition and live together peaceably, but at the same time such an existence would not be "marriage" in the true sense.

In a great number of marriages it may require considerable time and patience to insure a perfect physical union. Many women in the beginning are not sufficiently awakened or developed to properly and thoroughly enjoy the marriage, and for this reason the love-making of courtship days must in all cases precede any marital intimacies. When the man's caresses do not excite desire in his wife, then there should be no relations of this sort. When the husband is unusually passionate and in consequence inconsiderate, he fails to awaken in his wife the emotional response which makes the association truly a divine relationship. If he forces these relations upon her when they are not desired, or when they may be actually repugnant to her, he may lose permanently the opportunity or possibility of developing in her the power to reciprocate his ardor. Marriage under such circumstances becomes a sordid, dull and commonplace existence. No more will they feel the lovers' delight in each other's presence; no more will they experience the thrill that is found in the touch of the hand of a sweetheart; gone is the spirit of romance from life.

To conserve love you must be a considerate lover, you must recognize the guiding hand of feminine instincts, you must refrain from the marriage relation except during those particular periods when your wife can reciprocate your advances. They make the marriage tie permanent. They bind it more securely than a thousand legal knots. And, after all, it is only a relationship of this binding sort that sanctifies marriage.

You must expect that the results of such intimacies will be conception and pregnancy. You should be prepared to accept such responsibilities. If you are using any means to prevent conception which makes the relationship incomplete, or prevents it from thoroughly satisfying both parties, then you can rest assured that you are traveling a dangerous road, one that is leading toward the divorce courts. You are slowly but surely severing the tie that binds you to your sweetheart.

As I have said, during the particular periods in each month when the feminine passions are naturally active, there are no particular rules to be laid down for guiding husband and wife. Her instincts should rule. As a rule indulgences at such times should be guided entirely by mutual desires. The number of intimacies is not of such great importance, provided they are confined to these periods. It is where these intimacies occur at other times, or where they are incomplete as well as a source of dissatisfaction to husband and wife, that harmful results can be expected.

As has been previously stated many who understand something of the possibilities of pregnancy resulting from marital relations just before and for some days following menstruation, make a practice of confining such intimacies to a short period beginning about two weeks after the cessation of the menses. But remember that at such times it is abnormal for the wife either to desire or to reciprocate in the relationship, and therefore it cannot be other than devitalizing to the husband. Very early in life I had an emphatic lesson in regard to the effect of this practice. An acquaintance of mine dilated upon his cleverness in thus avoiding the parental responsibilities usually associated with marriage. At that time I was inclined to admire him for his supposed superior intelligence. I lost sight of this man for some years and when next I heard of him he was in an insane asylum. There is no doubt that his misfortune was the result, partly at least, of his habit of confining the marital relation to this improper period.

Most of what I have said in this chapter refers chiefly to those marriages in which there is a full development of the normal sexual instinct in both husband and wife. It must be admitted that the conventional view of this subject is of such a nature that the feminine instincts are frequently perverted, and that, consequently, serious mistakes are made in nearly all marriages. Some women fail to develop passion or the power of reciprocation, while others develop the reverse attitude. In other words, the latter seem to acquire a capacity for reciprocating the advances of the husband at almost any time. The inability of the wife to experience passion is a grievous condition, but the reverse state is even worse. When passion can be reciprocated by the wife at almost any time, there is almost sure to be excessive sexual indulgence with devitalizing effect upon the husband, and frequently also upon the wife, especially when conception and pregnancy do not intervene. Naturally, in such cases, it is strongly advisable for the husband as well as the wife to exercise all possible self-restraint. The use of separate beds and every other available means of avoiding temptation may be recommended. And particularly all relations should be confined to the time just previous to menstruation and a few days thereafter.

Love is the strongest of all enslaving forces. It ties a man to his mate in a manner that is alluringly irresistible, and the survival of this bond of love through the years of life should be an object of paramount importance in every marriage. If a man and his wife will follow closely the physiological laws which govern their relations, as they have been pointed out in these pages, and as they are definitely indicated both by conditions in the animal world and by our own normal human instincts, there is no reason why they should not keep this love alive to the end of their days together, and thereby find in marriage all of the happiness which we naturally anticipate from it.

CHAPTER XII

A Man's Duty Toward a Pregnant Wife

PREGNANCY is a phase of marital life that is much discussed by those who have studied sexual laws, and there are many diverging views as to the duties of a man toward his wife at this time.

In facing this problem and endeavoring to find a satisfactory solution, we must first of all recognize that the sexual relations, and the emotions and instincts developed in connection therewith, are to a large extent physical in nature. Conception with all its related mysteries is physiological. The physical functions and processes whereby the young of the lower animals are brought into being are almost identical with those involved in the creation of a new human life. Therefore in attempting to solve this problem it would be fitting and advantageous to study the sexual lives of the lower animals.

In comparing a human being with the lower animals in a physical way I am not casting a slur upon the human animal, for when we compare man with his distant four-footed cousins from a physical viewpoint alone, that is, as an animal, in most cases the quadruped is superior. In other words, the lower animal is usually the better animal, though man lives longer than most of the lower animals. He is a stronger specimen of life and is capable of greater endurance.

Now, we must admit that sexuality and the associated emotions spring from an animal instinct. It is the all-compelling creative force upon which depends the permanency of all species of animal life. And when we study the monogamous animals which are, of course, more closely allied to humankind so far as sexuality is concerned, we learn that there are certain limited periods during which the female will allow the approach of the male. At these particular periods there is little or no limit to the number of intimacies that may occur; but after this period, when conception has taken place, no further relations are allowed. In fact, the female of almost any species among what we may term the monogamous animals will fight with the ferocity of a tiger to protect herself from sexual approach after conception has taken place.

Now to my mind, this definitely points out the law, or rule, which should be followed in the human world. To be sure, you will hear much about man being a superior animal, and about the psychological influence of our mental make-up having changed our functional processes so as to make the human race, to a certain extent, a law unto itself, so far as sexual requirements are concerned. We may admit that there is some truth in this contention, but nevertheless the fact stands out definitely and finally that after the womb has completely closed upon an impregnated ovum there should be no sexual desire, and that a woman should turn at this time against every sexual advance. The great fundamental purpose of sexual desire has now been accomplished, and there is no further occasion for it.

Human inclination and requirements should accord with this fundamental fact. For generations, however, women have been compelled to yield to the desires of men under any and all circumstances. Consequently impregnation has not compelled sexual abstinence.

We shall have to admit that such abstinence is not desired by every woman. Many women are to a certain extent abnormal in a sexual way, and this abnormality is manifested frequently by sexual desires even during pregnancy. As to what extent this desire, when present, should be satisfied by the husband is a moot question. My own conclusions would bar out all such relations after conception. It is certain that sexual intimacies during pregnancy are not nearly so satisfying as under normal conditions, and in advanced pregnancy, at least, they involve a vital drain upon the man that is almost as baneful in its effects as masturbation. Even when there is reciprocation under such circumstances there cannot be the same exchange of magnetism as normally.

Regardless of all theories, the more a man studies the question, the more forcibly he will be impelled to the conclusion that pregnancy should interdict all sexual relations. At least this is definitely true after pregnancy has been indicated beyond all possible doubt. Sexual relations under such circumstances drain the vital forces and tend to make one an easy victim to any of the diseases which appear when vitality is low.

There are three special physiological reasons why sexual indulgence should be avoided during pregnancy. The first of these is the directly weakening effect upon the parts concerned, with irritation and congestion, which of course would be unfavorable to natural and easy childbirth. It is an item of material importance where the woman is concerned. The second is that intimacies of this kind at this time have a tendency to produce, or at least greatly to aggravate, the condition of nausea, or "morning sickness," which many pregnant women experience. The third reason is found in the very serious danger of inducing a miscarriage. There is no question that a large percentage of miscarriages are the direct result of this abuse of the sexual relation by inconsiderate, exacting husbands. It is not a merely sentimental matter. It is a practical matter. I believe that in very few instances would the husband and prospective father wish for such abnormal indulgence if he knew that it might result in the loss of his unborn child. Nor would the prospective mother, if she understood the danger, be willing to take any chances of this sort. Naturally, the danger of inducing miscarriage in this way becomes increasingly great as pregnancy advances.

Aside from this particular question, however, it is the duty of the husband to do everything possible for the physical and mental welfare of the prospective mother. The physical requirements of pregnancy call for freedom from mental strain and from exhausting work. A woman needs all the vitality and reserve strength possible during this period. Women are often inclined to confine themselves within doors when pregnant, but a husband should encourage his wife to be in the open air as much as possible at such times. He should see that she takes long walks, that she has plenty of appropriate exercise and that she has plenty of sleep. Sleep is of vital importance. Fresh air and plenty of sleep are conducive to a good appetite and functional power. Clean surroundings and freedom from offensive odors are particularly desirable.

The mental and nervous condition of a pregnant wife is seldom given due attention by the husband, but it is a matter of great importance. If kindness, forbearance and love are ever needed, it is during this trying period. It should be thoroughly understood by every husband that the pregnant woman is often not quite herself in a mental and nervous way, and if she develops an irritable tendency, he should not resent it. In fact, the nervous condition of some women at this time borders upon insanity. Sexual indulgence tends to make the condition worse. In any event, a man should be man enough at this time to make all possible allowances for anything that his wife may say or do. Loving consideration on his part will go a long way toward making things easier for her.

So far as possible, freedom from worry on her part is desirable. Let the husband assume the burdens of the family, and keep her mind free from anxiety. The more happiness a woman can find during this wonderful period of the formation of a new life, the better will it be for her in every way, the more perfect will be her digestion, the richer her blood supply, and consequently the better the nourishment and the greater the vitality of the coming child. The differences in the physical vigor and constitutions of different children of the same parents may invariably be traced to differences in the conditions which prevailed previous to conception and during gestation. To take proper care of his wife at this time, and to do his utmost to provide for her physical and mental welfare, therefore, is not only a duty that a man owes to her, but it is a duty that he owes to his children as well.

CHAPTER XIII

Should Husbands be Present at Childbirth?

WHEN a wife is struggling in the throes of childbirth, when the excruciating pangs of the crisis of motherhood are scourging her very soul, it seems to me that she would be strengthened, buoyed up, made better able to bear the tortures of this trying ordeal, if she could clasp the hand of a loving husband.

But in this matter again we have to contend with the influence of this prudery-besmudged age. How awful it is for a man to view the unclothed or uncovered body of his wife! It is supposed to shock the wife's sense of decency! And yet how pitiably ridiculous is an attitude of this sort. There is only one reason for the obscenity and indecency associated with the exposure of the feminine form, and that reason is of such a nature that it stands as a stigma, a lasting disgrace to this much-vaunted civilization of ours. We have so closely associated sexual intimacies with the unclothed human form that the view of a woman's leg unclothed, or of any other part of her body, that is ordinarily supposed to be covered, is expected to excite a man sexually. He is not supposed to be blamed especially for this susceptibility; but in reality it indicates a degree of degeneracy and perversion in the human mind which must be definitely and permanently eradicated before we can reach any true state of civilization. In fact, it is this phase of the masculine character which, to a large extent, is responsible for the sexual excesses that we have referred to so frequently in these pages.

Sexual desires should have nothing at all to do with the mere exposure of the human female form. Such desires should be awakened only by the definite glance of the eye and the other real indications of passion on the part of the woman whom a man has chosen for his life's partner.

All this is a diversion from the theme of this chapter, but it at least helps to bring out the point that there should be absolutely no need for a feeling of shame on the part of the wife when she allows her husband to be present at the crisis of childbirth.

It is true that many husbands would not care to be present on such an occasion. And likewise some wives would perhaps object to their presence. Therefore the question must be settled entirely by the personal desires of the parties concerned. But if a woman feels that she can be comforted and assisted by the presence of her husband at such a time, it would certainly be to her advantage to have him there, and it would manifestly be his duty to be there.

How can we fittingly characterize the cowardly spirit of the man who shirks his duty in this respect, and who fails the woman he loves in this momentous crisis of her life, on the effeminate plea that he "cannot bear to see suffering"? How are we to express the contempt due to the man who offers the excuse that he "shrinks from the sight of blood," in order to skip away and spend a comfortable time playing cards, and waiting for the news to be brought to him on a platter? It is true that in rare instances men and women are found who actually faint at the sight of blood; but we are not speaking of such extraordinary cases, and the unwillingness of a man to stand by the woman who means more than all the world to him, in the hour of her suffering and trial, is in practically every case due entirely to a lack of moral stamina. No one knows better than the writer that it is hard to witness pain and suffering, but even so it is not so bad to see it as to bear it. And the husband at such a time can help his wife to bear it.

Furthermore, it is just as well that a man should be in a position to understand just what his wife has to go through for the sake of bearing his children, especially if he is one of those who insist upon the wife's going through the ordeal repeatedly, and against her will, in order to satisfy his vanity or passion.

A woman will be more willing to bear children if her husband shows the proper spirit in times like these, and if she has his sympathy and presence to help sustain her during the agony that she sometimes suffers. It is true that with proper preparation the ordeal may often be made comparatively easy, but this result cannot always be insured, or accurately predetermined. Childbirth is in any case a crisis in a woman's life, full of possibilities and even of dangers that cannot always be foreseen. The least that a man can do is to give the woman he loves his moral support at such a time.

There is nothing so laudable, so heroic, so divine in all human life as the ordeal associated with the crisis of motherhood. The vulgarity and indecency with which this subject is viewed and discussed everywhere is appalling evidence of the pitiful degeneracy of the age. Let us honor the pregnant woman. Let us uphold, commend and admire her. Why not? Every human soul was once confined within the walls of a mother's womb. You, my friend, as you jeer or stare at a pregnant woman, should recall that at one time your mother was carrying you in the same way, and when you cast disrespect upon another woman you are casting it to an equal extent upon your own mother. The man who cannot respect his own mother is the vilest specimen of degraded degeneracy that this earth has ever brought forth. Such miserable beasts have hardly a human trait. They befoul everything with which they come in contact. Their minds so reek with vulgarity and filth that life itself in all its manifestations contains for them nothing clean and wholesome.

CHAPTER XIV

Are Children Always Desirable?

THE love of children is innate in every human heart. The yearning for the prattling voice of a child pulls at the heart-strings of the possible mother in a manner that is insistently dominating.

It is natural that a man should love a child—any child. But it is imperative that he should love and yearn for a child of his own—a duplicate of himself. In this child he should be born again, made over new. If he has improved his character, if his personality has gained through his own work, study and growth, then his child should be a superior representative of humankind.

There are perhaps circumstances in which a child is undesirable, but it is usually for economic reasons. There should be no other reason unless there are physiological defects in the mother that would make child-bearing dangerous to her life or health, or unless there are eugenic or hereditary reasons or tainted blood. Then too, the economic reason, based on the claim that the child cannot be supported with a satisfactory degree of comfort, is in many instances exaggerated. To be sure, where the father and mother are both compelled to labor outside of the home in order to live, child-bearing becomes exceedingly difficult. And it might also be said that marriage under such circumstances is not always desirable, for the duties and responsibilities of marriage should usually not be assumed until one is able to shoulder the natural result of marriage—children.

Whenever you find a man who is without an innate love for children, you may rest assured that there is something wrong with his character. It has suffered from deterioration or perversion of some kind. However, many have to struggle so strenuously in their endeavor to make a livelihood, or their life experiences have been so tragic that they feel that it is almost a crime to bring another human life into being. Some may feel that this excuse is entirely satisfactory. But in robbing themselves of the blessings of children they are struggling against a terrible handicap, for children in the home are really necessary to round out and make complete the lives of those who live therein. A home is not a home without children. It is cold, barren, lifeless. Desolation, and the death of the family tree are then inevitable.

We hear much about the trouble associated with the care and training of children. But what the average parent is inclined to regard as trouble should in reality be a continual source of delight. The very care that is often dwelt upon as a drain upon parental vitality should be a source of never-failing pleasure if viewed in the proper way. A mother may fail to appreciate her children, and may grumble because of the hardship which she feels she must bear on their account; yet if she had the opportunity to eliminate the experiences, both sorrows and delights, that come to her because of her children, she would reject it on every occasion.

Many women of to-day seek to avoid having children through motives of selfish pleasure. In some instances they do not wish to be bothered with babies, because motherhood would interfere with their activities in "society!" Probably it is just as well that such inhuman creatures should not reproduce their kind. The world is probably better off without their progeny. But from the standpoint of their own pleasure and welfare such women make a great mistake. For the sake of the social enjoyment of the moment they are planting the seeds of an empty, barren and desolate old age. They sell their souls for the sake of a so-called pleasure that in the end proves to be only a bubble.

Again, many women fancy that they do not want babies for fear of "losing their figures." Even if this supposed reason were valid it would be a pitiful pretext. The excuse is even offered in some cases that a woman does not wish to lose the love of her husband, as if this result were likely to follow. Such silly pretexts only reveal lack of character and womanhood. A husband's love for his wife is invariably intensified as soon as she becomes the mother of his children. So far as the fear of "losing one's figure" through maternity is concerned, I need only point out that this is absolutely unnecessary if one makes proper physical preparation for the event by strengthening and building up the body. Remember that women also "lose their figures" when they never have children. You will see any number of "bachelor ladies" and childless wives whose figures are even more "lost" than is that of the average mother. The fact is that if a woman is properly developed she need have no fear on this score. That is to say, if she really has a figure, she will not lose it. On the contrary, motherhood often means an improvement in health and vitality, at least if the pregnancies are not too frequently repeated. Maternity is the normal function of a woman, it is her natural physical destiny, and in many cases is followed by greater physical maturity and increased vitality. Sterility is the abnormal condition, and is far more likely than child-bearing to result in a lack or loss of figure, and of health.

Yes, children are desirable in practically every instance. I do not deny that there are exceptions. Alcoholic, insane, syphilitic, or otherwise tainted persons have no right to become parents. But I am not considering these exceptional cases, and when you find a home into which a child is forbidden to come, you find one into which life's most complete and satisfying joys cannot enter. Though children may be troublesome, though at times they may bring difficulties that torture one almost beyond endurance, they are nevertheless a veritable necessity. In the growing child you are able to renew your own youth. As your boys and girls approach maturity you may become a boy or girl again with them. You can taste the joys and delights associated with their enthusiasms. You can take part in the keen pleasures in which they find so much happiness. No, whatever you do, do not voluntarily deny yourself the satisfaction that comes through having a child of your own.

Then, too, we must remember the necessity for making the child welcome. The unwelcome child is indeed to be pitied. The mother should yearn for and love the child in advance of its coming. Undoubtedly this yearning, this affection for the coming child, to a certain extent at least, adds to the vitality and vigor of the mother at the time of conception. And as the prospective mother's strength increases, to a similar extent the vitality of the child is developed. Whether or not the mental activities of the mother have a marked influence upon the unborn may be a disputed question, but the fact that certain mental states influence the health of the mother cannot be denied. Therefore a condition of hopefulness and the anticipation of coming happiness, by adding to the mother's well-being, will impress the unborn child favorably.

As we become more imbued with the importance of the science of eugenics, we will realize more and more fully the value of training the child before birth. The statement has frequently been made by those who have studied this important subject that the training of a child should in reality begin several generations before its birth. That, however, is beyond our control. But we can surely, to no inconsiderable extent, influence the child at the time of conception through the vitality and health of both parents. The differences between various children in the same family indicate with remarkable insistence the varying characteristics, physical and mental, with which the child can be endowed by the physical condition of the father and mother at the time of conception and during the period of pregnancy. It will not be difficult for the reader to recall families in which he can point to children that possess remarkable physical and mental endowments, while others in the same family seem to be weak, dull and defective. This really astounding differentiation in members of one family clearly indicates what may be done by controlling conception and adopting a proper régime for influencing the development of the child after conception.

Nearly all of us are accidents. Our coming is rarely definitely planned. We are created as a matter of course through associations that result from the intense love of a man and a woman. But it may be declared, with at least a reasonable degree of accuracy, that if we were planned in advance, if the intending mother were to go through a course of physical training and preparation in order to insure the highest fitness of her bodily organism for the ordeal of maternity, and if the prospective father would take the same precaution for a considerable time before conception, a superior race would soon be the result. If a man realized that just the degree of manhood, health and strength which he himself possessed was to be transmitted to his child, would he not be encouraged, even compelled to strive for the highest physical development possible to him? Were we planned in advance in this manner, the progeny of each marriage would be far stronger than either the mother or the father. In other words, the human race would grow more fit physically, mentally and morally, generation by generation.

It must be admitted, however, that the tendency in some places at the present time is toward degeneracy. This is especially true in thickly populated communities. A healthy young man, vigorous, virile, a splendid specimen of country life, moves to the city and founds a family. Each generation thereafter loses a certain amount of the vitality with which it was originally endowed by this country-bred father. In from three to five generations the family is usually "wiped out," eliminated by the devitalizing influences of city life, usually associated with ignorance of the laws of life, sexual, physiological, dietetic, etc.

CHAPTER XV

The Crime of Abortion

THERE may be some excuse at times for abortion. But in nine cases out of ten such excuses are imaginary, and the destructive influence of such interference with the plan of the Almighty is often terrible in character. We have no right to tamper with God's laws. Within the recesses of the prospective mother's womb there are physiological processes taking place that can only be interfered with at a terrible cost.

To be sure, there are a few women who possess a tremendous amount of vitality and vigor. They are literally as strong as young oxen, and seem to be able to go through an abortion with apparent impunity. But such women are rare exceptions. Abortion will usually leave a woman weak and ailing for months and many times for life. It shocks the whole nervous system in such a manner as to interfere with the harmonious processes of the entire organism. The food will not digest so well after such an experience. The blood has not the life-giving elements that it previously possessed Strange, unpleasant and at times fearful pains dart through the pelvic regions after an operation of this sort. One operation will sometimes bring physiological defects from which a woman never completely recovers. And when we realize how frequently this crime—made possible only by the prudery, ignorance and superstitions of this so-called enlightened, modern age—is committed, by the married as well as by the single, we truly have cause for being appalled.

Though it may be entirely in accordance with the conventional moral law to stigmatize the illegitimate child and to stamp the mother with never-ending disgrace, abortion is nevertheless considered a far greater crime. But abortion may be secretly brought about. No one knows the terrible secret except the victim and the doctor unless death intervenes. And so-called disgrace is thus avoided, though perhaps at the cost of life-long misery and weakness.

When a woman once becomes pregnant, the duties and responsibilities naturally associated with her condition should be assumed, regardless of whether or not she is protected by the marriage tie. The disgrace that is everywhere associated with bringing a child into the world outside of wedlock should not induce a woman to commit the appalling crime of abortion.

We must recognize, however, that the practice of inducing abortion is far from being confined to the unmarried. Many women who are placed in such a position that children might easily be welcomed, refuse to assume the obligation because of social or other insufficient reasons. They have accepted marriage, but they refuse to have children. It is probably well that they do not have them. It is questionable if the child of a woman whose character is such as this would be an honor to his parents, or of value to the world. But the number of women who are desirous of ridding themselves of the natural result of the marital relation is truly amazing. Moreover, some unnatural husbands insist on the death of their own unborn children.

Whether or not the prospective mother fancies that she has reasons for bringing on abortion, we should remember that she is not the only person concerned. Aside from the rights of the unborn child, which must be held sacred in all cases, the husband and father has a definite interest in the matter, and it remains for him to take a positive stand against any such criminal procedure. If the husband has sufficient manhood and force of character, he will not consent to or connive at an operation of this type. If all men would take this stand, there is no question but that the extent of the evil would be greatly lessened.

If one does not desire children, if the heart and soul protest against the responsibilities they bring, then it is best to avoid the intimacies that lead to a family. Most women will say that this is impossible, and in nearly all cases their argument is well weighted with truth. If you are married to a conventional man, you will find him thoroughly imbued with the idea of his legal rights in marriage, and he exacts them usually with unfailing regularity. What then is a woman to do who hates children, who literally abhors the thought of bringing a new life into the world? "Why, do you think I would have one of those brats running around me?" is a remark I heard on one occasion from a woman who had acquired an abnormal attitude toward children. And I might well ask: Would it be desirable for such a woman to have a child? I might go further, and ask if it is not really a crime against the child itself to have it brought into the world by such a woman? Women of this sort should not marry.

But aside from such instances, the question of birth control, or the prevention of conception, assumes great importance in many other cases. Is it not better in nearly all cases that the bringing of children into the world should be intelligently managed? Is the possibility of conception something to be ignored and left to chance? Or should it be under control, a matter to be planned for so that it may take place only under the most favorable conditions, and only the most satisfactory children be born? Even in a family where children are desired and welcome, it will often be found that there are times when the vitality of one or both of the prospective parents is lowered, and under such circumstances it is certainly desirable to be able to avoid parenthood until the physical condition of both is made as perfect as possible. Children should come at a time when the parents can best do justice to them. If the husband, to take another instance, is addicted to alcohol, is it not of the utmost importance that conception should be avoided until he has been able to break the habit and his blood has been free from the influence of this poison for a considerable time? Various other requirements may make it desirable in different cases to limit or control the bearing of children. Sometimes where both parents desire and love children, it may still be desirable to limit the size of the family, or to insure against too short intervals between births. If a mother does not have a sufficient period for recuperation between the coming of her children this natural function may involve a serious drain upon her vitality and bodily resources whereby the vitality of the later children is reduced. And when the earnings of the father are small it will usually be better to so limit the size of the family that it may be comfortably provided for and well brought up, than to compel the mother to bear children repeatedly to the limit of her physical capacity, and to bring them up in poverty.

All of these considerations are practical. They are intimately related to the lives of thousands of men and women. Furthermore, birth control would, in a vast number of cases, mean the prevention of the hideous crime of abortion. There are some people who do not seem able to distinguish between abortion and the prevention of conception, but the two measures are as different as possible. The first means murder—the destruction of a new life. The second means simply not calling a new soul into existence. After conception has once taken place the new life has begun, and is it not criminal to destroy it?

In European countries various means for preventing conception are openly sold in drug-stores and freely advertised in publications. They have apparently never seriously lessened the birth-rate, except perhaps in France, as it is far greater per capita in some European countries than it is in the United States among native-born Americans. Here, however, it is a crime, punishable in the most serious manner, for one in any way to furnish information or means that will enable a woman to prevent conception. As a result there are thousands of women who are compelled to bring into the world unwelcome children.

It must be admitted that in nearly every instance the child that at first seems unwelcome is finally able to entwine itself in the heart-strings of the mother and is cared for in a fitting manner so far as circumstances will permit. But there are other instances in which the child remains unwelcome throughout the entire pregnancy period, and is still more unwelcome when it appears. It has no home to come to. It really has no father and no mother, in the best sense. It is simply an unwelcome "brat" that interferes with the pleasure and the general routine of the life of mother and father. Such a child is cursed before birth. Unquestionably from these child products of human bestiality come the most of our criminals and our defectives, mental, moral and physical. If a woman does not want to have a child, it is a crime to force one upon her. It is a crime against the mother, and a still greater crime against the child.

Naturally, I would advocate a continent life as the best means of avoiding conception, but I must at the same time admit that such a life, if continued by a couple in possession of normal health for a prolonged period would be either detrimental or disastrous to the physical and moral welfare of each. Under the circumstances it can easily be understood that it will be impossible for me to mention any means of preventing conception other than the continent life. And it might be well to point out definitely that there is no method of preventing conception that is absolutely sure every time, and that nearly all methods are, to a certain extent, harmful in their influence.

There is a great difference in this respect, however, and it is vitally important to avoid those measures which are extremely injurious. The sweeping statement is frequently made that all methods are harmful, though it is doubtful if this is strictly true. In some cases the harm accomplished, if any, is very slight, but it must be said that some of the methods most used are extremely injurious.

In this connection we may say emphatically that any departure from the strictly natural character of the sex relation is almost certain to react injuriously upon both parties. Once the marital act has been commenced it should be carried through to a natural completion, or it will prove harmful. It might even be said that when once the passions of both have been aroused to the point at which the marital relation is physiologically demanded, then it should be carried through if the question of the health of both parties is to be considered. Not to do this means not only more or less nervous derangement, but serious congestion of the parts involved, producing weakness or inflammation. I have referred to this matter in Chapter VI on "Love-Making and Its Dangers." But the physiological results are naturally far more serious if the relation has actually been commenced and is then interrupted before it has been completed. The method practiced by a certain group of idealists, is to be condemned as equally unnatural and undesirable as a means of avoiding conception. No one can afford to take any chances of ruining the health by these abnormal practices. It were better by far to live a strictly natural life.

It should be said also that mechanical means or appliances for preventing conception are generally very unsatisfactory and unreliable. They are likely to be misplaced and to fail completely in their purpose, but further than this they tend to cause serious irritation of the female organs, inducing inflammatory and other disorders.

There is at the present time a very extensive agitation for the repeal of legislation which makes it a crime for the physician, or any one else, to supply information upon this important subject. It is claimed that such knowledge is necessary in the cause of eugenics, in order to limit the birth-rate of those who are constitutionally defective or tainted. It is claimed that with proper knowledge upon the subject conception could be prevented without resort to the more harmful and disastrous measures which many people are now compelled, through ignorance, to use.

CHAPTER XVI

Divorce Physiologically Considered

DIVORCE is a much discussed subject. Laws have been enacted to control divorce. The men who have placed these restrictions upon the statute books know little or nothing of the physiological laws involved in marriage. They have imbibed certain theories, as a result of their environment, in reference to the intimate relations of marriage that are founded on nothing but superstitions. Marriage, the same as any other human relation, should be intelligently regulated. All laws that are made to control marriage should be made by those who have a definite and detailed knowledge of the natural laws of marriage. They all, naturally, recognize the object of marriage. It is plain and clear to the dullest of minds, but the new science of eugenics will have to enter into and become a part of their home lives before marriage can be intelligently controlled by theologians, politicians, or statesmen. This is an age of specialization and any rules that are laid down by the government regarding marriage should be made by marriage specialists. They should be made by men who understand in every detail the relations of men and women living in a state of wedlock.

First of all, we must recognize the right of the child to be well born. A civilization which fails to do this has progressed but little beyond savagery. Such a right upon the part of the child having been recognized, the queries that will naturally arise next will have to do with the various influences previous to conception and during pregnancy, that bear upon its life, health, strength and character. You might say that at the present time this subject is a closed book to the ordinary man or woman.

From a physiological point of view, we are compelled to recognize that marriage is made and cemented by an intense affection that we call love. This affection is the result of certain alluring forces existing in the contracting parties. The man is attracted by the woman and she finds answering desires within her own soul. These forces finally become so strong as to be irresistible. The man and woman marry and their union is given the stamp of legitimacy by a public acknowledgment. The preacher, or some representative of the State, steps in and confirms the tie.

Now all is ready for the beginning of the home-building process. Under normal conditions, with proper observance of the physiological laws of sex, the attractive force existing between the man and woman should be made stronger day by day, year by year. This presumes, however, the observance of the natural laws of marriage. Suppose, for example, the contracting parties proceed to abuse their privileges; the man is excessively and unreasonably passionate, and knows nothing of feminine rights under the circumstances. He proceeds practically to kill the love of his sweetheart in the first days of their union.

Or let us suppose another extreme in which the wife develops an abnormal and insatiable passion. Either of these conditions will bring about a gradual dissolution of the love bond between husband and wife. Whether the man or the woman is at fault is of no very great importance when it comes to considering the question of divorce.

To my mind, marriage is truly a divine institution. It is created by laws that should be held sacred. If there is an influence in all human life which can be termed divine, it is surely that which stirs the mind and heart of a man and woman just entering upon the wedded state. The sacred ties of love are a mighty force.

But when love has disappeared, with its binding, cementing force, marriage becomes a farce, a pretence. Love then frequently turns to mutual hate and disgust. Where there has once been strong affection, there often appears a feeling of loathing. Must men and women be forced to live together under such circumstances? I cannot imagine an influence in life that would be more destructive to character than such a compulsory relationship. A man who hates a woman should not be compelled to live with her. A woman who loathes a man could not suffer a more terrible punishment than to be forced to live with him.

Some may say: "Let the punishment fit the crime." But I believe at the beginning it is impossible to control love. Men and women cannot fall in love by rule. They are often driven here and there by this uncontrollable, irrepressible force that wells up within them. To be sure, love has disappeared because of certain mistakes that are made within the marital relationship. But in practically every instance such errors are committed because of ignorance. One learns to avoid too close proximity to a blazing fire because of the immediate pain associated therewith, but the effects of marital mistakes are not indicated so definitely and decidedly. Such errors are not usually detected even when the harm has been wrought.

We hear much about incompatibility of temperament. You can depend upon it that many a divorce is brought about not through temperamental differences, but through errors made possible by the grossest sort of ignorance relating to physiological laws. Marriage is made by love and is unmade through the disappearance of love, regardless of legal or theological enactments. This law is definite and final. In fact, it is a divine law, a thousand times more sacred than human enactments. Men and women attract each other for certain practical purposes. They repel each other for similar practical reasons, and when a man and woman have made mistakes that have created within the soul of each a feeling of loathing that repels each from the other, a higher law than the human has separated them. The Supreme Power has divorced them. It would be a crime of the worst order for a man and woman to live together under such circumstances. And imagine, if you can, the possible suffering involved in bringing children into such a home. There is no crime that is more heinous. I once heard of a woman's boasting that she had not spoken to John, her husband, for ten years; but note that during that period she had had five children. At the time this incident was called to my attention I was not so familiar with this subject as now, or I would have been deeply interested in learning something of the characters and physiques of these children. I am quite sure that they are miserable specimens, and I know it would be impossible for them to possess the spirit, zest and energy that should inspire every human soul.

The marriage of to-day is a human-made contract. Human beings are not yet infallible. Marriages are often mistakes of the most tragic sort. Such mistakes should be rectified. Many marriages are not mistakes in the beginning but devitalizing errors are committed afterward and the marital craft is wrecked on the rocks of prudery and ignorance. Divorce should be recognized at times as a divine institution. It rectifies mistakes that are sometimes terrible in their consequences. To go through life with the ashes of a dead love at your side would be something like being tied to a corpse. Prudery has stood like an impenetrable wall against every effort that has been made to investigate the details of the marital relationship. But now the science of eugenics has opened the door. It has thrust aside the conventional rules; it has delved into the conditions and forces that influence the unborn child and, with this knowledge as an opening wedge, the subject of marriage in all its various ramifications will soon be a part of our public school curriculum. Then, possibly, divorce will be unnecessary, for the evil that led up to it will disappear. But until such reforms are brought about, we are compelled to recognize the demand for relief from a relationship that can often be fittingly described as a "hell on earth."

It should always be borne in mind, however, that many ties which seem hopeless, are not hopeless, but can be made bearable and even delightful, by the study of the laws of life, and by mutual forbearance and consideration. There is hope for many an apparently hopeless situation.

CHAPTER XVII

Can a Wrecked Marriage Be Reclaimed?

THE idea prevails that a love once lost cannot be recalled, that within the ashes of a dead love no vital spark remains. Is this conclusion justified in every instance, or can one hope to revive a dead love? In other words, if you have made a failure of your marriage and the love that originally inspired it has disappeared, can it be reclaimed? Can you again feel the joys and delights that originally influenced you in selecting your mate? These questions assume paramount importance at times. Divorce, to many people, carries with it an unbearable disgrace and is a thing not to be considered under any circumstances. Those who look at it in this light are willing to bear any degree of suffering and shoulder daily a load of torture that is almost unendurable, rather than seek the divorce courts for relief. Furthermore, when children must also share in the disgrace the difficulties are very greatly increased. It is therefore well worth while to consider carefully every possible means that might be adopted with a view of reclaiming a lost love.

In attempting to offer reasonable suggestions for the solution of this very serious problem, one must first of all determine the destructive agencies that are to blame for the change of attitude. Why does your sweetheart no longer attract you? Why are the thrills which formerly enthralled you no longer experienced? The glance of the eye, the touch of the hand, have lost their alluring force. This change has been brought about by some very definite causes and it is your duty, as nearly as possible, to determine their nature.

In nearly every instance the change is brought about by excess. It more frequently arises because of the desires and excessive demands of the husband. When a man takes advantage of his so-called "rights" in marriage and demands that a wife satisfy him at all times there is bound to be excess, as I have clearly set forth elsewhere in this volume. The natural law does not recognize the rights of a man under such circumstances. As already stated it should be the privilege of the woman to dictate as to the time when marital intimacies should take place. Where the man has taken upon himself this privilege, he is largely to blame for the death of love. In some cases where the wife has failed to develop the instincts of passion, or where these desires have been developed abnormally, love can easily disappear.

In order to cure a disease one must, first of all, learn the cause. Therefore, in attempting to reclaim a wrecked marriage one must know the cause of the difficulty. Carefully read what has been said in these pages relating to the physiological laws of marriage and then ask yourself what mistakes you have made. After you have been able clearly to see your errors, then proceed to prescribe for yourself accordingly.

The first remedy to be applied in practically every case is a prolonged absence. If the husband and wife were separated for several months, or, if possible, even for a year, it would no doubt be far easier for them to overcome their difficulties. During this absence every possible means of building up the highest degree of physical excellence should be adopted. The wife, at least, should go through a thorough course of physical upbuilding. She should make her physique as strong and as splendid as possible. It must be admitted that in many instances the conditions which have made divorce possible have come about largely through lack of physical development on the part of the wife. If she had possessed a normal physique, she would have had the protective instincts which would have made excess impossible. Many women could, under such circumstances, so radically improve their physical appearance that, whatever attraction they may previously have had, would be greatly enhanced. Physically defective wives in many instances can easily be made into strong, splendid specimens of womanhood. The old-time sweetheart might easily be won back in many cases if this remedy were adopted completely and intelligently.

Naturally, the same suggestions can be offered to the suffering husband. He, too, should go through a course of physical upbuilding, thorough enough, at least, to bring back the vigor and vitality that he may have lost through marital mistakes. If these suggestions were adopted, a great many wrecked marriages could be reclaimed; and if the physiological laws of marriage are followed, at least to a reasonable degree, in all further marital relations, there is good ground for hope that the remating may be permanent.

A proof of the accuracy of the conclusions presented herewith is found in the numerous cases in which divorced couples remarry. These renewed marriages appear in general to be tolerably successful, and nearly every reader will no doubt be able to recall having read of remarriages of this nature. They at least furnish definite proof that the *old love can come to life again.* Unquestionably, a second marriage of this nature has a better opportunity of being successful than the first experience. Even without knowledge of the physiological laws such couples are likely to have learned something from experience.

CHAPTER XVIII

The Erring Wife

A MAN faces a serious problem indeed when he finds that his wife has been unfaithful. Happiness in the home is utterly impossible where conditions of this sort exist. And the more deeply the husband loves his wife the keener will be the mental torture that will come with the knowledge of her infidelity.

No advice can be given that will be applicable to all cases of this kind. The husband himself must be the judge and the jury. But if he is to judge, he should at least try to be fair in every way, and to strive to understand all the circumstances which have led up to this unfortunate development in his married life. In writing this chapter it is not our purpose to defend the erring wife; neither is it our purpose to condemn her in all cases. We should simply try to understand the situation.

No one rule will hold good in all cases. And yet it is always well for the husband to make inquiry as to just why his marriage has proven to be a failure. For to a large extent, in most cases, the problem of the erring wife is the problem of an unhappy marriage. And why has it been unhappy? As a rule a happy marriage does not result in infidelity upon the part of either husband or wife. A woman will not turn to any other man so long as she devotedly loves her husband. And the same is true of the husband.

Now, why this death of love that makes infidelity possible?

This is the question that the husband should face squarely before he eternally condemns his unfortunate wife. Has he himself not been to blame, partly at least? Let him ask himself honestly: In what way has he failed to hold his wife's affections? How has he ceased to be attractive to her?

There is no doubt that the husband has sometimes been seriously at fault, and has to a certain extent at least influenced the action of his wife. Men are said to be selfish by nature. They are continually seeking their own pleasure, though I am inclined to think that in a great many instances there would be no grounds for such a charge if the husband really understood his position and thoroughly realized his duty toward his life partner. His transgressions are sometimes unconscious, the result of thoughtlessness. As I have previously said, many husbands know practically nothing about marriage and the necessity for satisfying the sex desires of their wives. Thus there is often serious disappointment upon the part of the wife, which, if continued, will result in an attitude which makes infidelity easily possible when serious temptation appears. In other words, if the husband fails both to awaken and satisfy the instinctive cravings of his wife, then she may finally fall a prey to another man.

There are, also, instances in which the husband suffers from impotence. A marriage of this kind is often productive of the greatest unhappiness and suffering. The husband is humiliated and irritable because of it. The wife is resentful. Such a union is not a marriage. But while such cases are not very frequent, it is true that there are thousands of instances in which the man suffers from some form of sexual weakness. Perhaps it is what is known as "prematurity," which is purely a condition of weakness, and makes it impossible for the victim to enjoy normal relations or to satisfy his wife. In all such cases the husband should consider the part he has played in contributing to the cause of his wife's infidelity. He should shoulder his share of the blame. Under such circumstances he cannot afford to be too severe.

This is not a defense of the conduct of the wife. She has made a grave mistake in any case. She has chosen the wrong way out of her difficulties. If for any of the reasons just mentioned she finds that her marriage is only a pretence, a farce, that it is no marriage at all, then her course of action should be to secure a divorce. At least, she should have a plain understanding with the man she has married. Frankness in such matters will usually prevent trouble. It is partly a question of being honest and truthful. If a woman finds that she has been tricked into a marriage with a man who is really not a man at all, and if she loves some one else who is in a position to marry her and be a husband in every sense of the word, then she should secure a divorce and marry the other, instead of living a double life, untrue to the first.

The individual circumstances must determine the course to be pursued. It will be necessary in many cases to consider the responsibilities that have accompanied marriage. Have children come into the home? If so, how will the situation affect them? Has the wife's attitude toward these children been all that could be expected? A single breach of marital faith need not necessarily mean the breaking up of the home. If the wife still loves her husband, if she is penitent, and if the condition of marital happiness which has contributed to her action is one that can be remedied, then he may see fit to forgive and forget. Occasionally a situation may arise which makes a mistake of some kind seem necessary in order to teach the couple a lesson. In any event, the husband must judge for himself.

It must be admitted that there are women who have what might be termed polyandrous tendencies. They have been cursed by an insatiable passion. Fortunately, such women are often barren. When infidelity is the result of such a pernicious tendency, divorce must be advised in most cases. It would certainly be to the husband's advantage to avoid intimate associations with a wife of this type, for they would be seriously devitalizing. There are also women who desire to retain their husbands' affections merely because of their desire for a home. They will allow themselves to be "used" sexually when there is little or no reciprocation on their part, and in the meantime they spend their affections on other men. Under these circumstances, the marital relation will always be devitalizing. Whatever magnetism the wife may have is spent on others. There can be no proper continuance of home life under such conditions.

We should remember that divorce, in cases of this kind, opens the way for a real marriage and a real home with some one else. Instead of being the foe of marriage, divorce, under such circumstance, is the friend of marriage. It is not the "divorce evil," but the "divorce good," making it possible for the man or woman, who has once been cheated in love and marriage to have another chance to contract a real marriage, found a truly happy home and raise a family of happy, healthy children.

CHAPTER XIX

Jealousy—The Green-eyed Monster

THOUGH jealousy is commonly looked upon as a manifestation of the evil side of one's character, it is in reality the expression of an instinct that performs a definite and important service.

In the perpetuation of the human race the sanctity of the home is one of the most important factors. A wife must be true and loyal to her husband, and the same fidelity is incumbent upon him. The instinct expressed in jealousy enforces in a very direct manner the mandates of the laws of monogamous marriage. A man watches his wife with jealous care. On the other hand, a wife's every instinct and her keenest powers of intuition are used in the same way. She wants her husband and lover all to herself. She will accept no deviation in his conduct, is jealous frequently of his very thoughts. She wants to be the "apple of his eye." She will not willingly permit any other woman to enter into his life and thoughts. And the husband is interested to an equal degree in maintaining the integrity and honor of his home.

Jealousy, therefore, is a very important force in human character. It helps to insure the perpetuation of the human race under the best conditions. It protects the home from violation. It gives the home and family a more certain permanence.

In cases where men are untrue to their wives, or wives are untrue to their husbands, absolute secrecy is maintained in regard to such deviations,—an acknowledgment that mistakes of this sort are not only conventional crimes, but unnatural crimes of the worst sort.

Jealousy serves a beneficent purpose, and its various manifestations not only should not be too much condemned but should be viewed with a certain amount of approval. You can rest assured that in practically every instance a woman who seriously loves you is also jealous of you. She will make every possible endeavor to insure your "being true" to her. You can take this as very definite evidence of her own love for you and loyalty to you. You should not, therefore, view this as an unpleasant phase of her nature, for you must expect a certain amount of this feeling within your own heart and soul. If you are truly in love with your wife you must expect to be jealous of her. You must expect to demand of her the same loyalty that you feel should be given her in return. And it is only natural that any deviation on her part would materially change your attitude toward her and your love for her.

I realize that theorists and dreamers of a certain type will take exception to this practical view of the subject. The statement is frequently made that jealousy is the expression of pride and not of love. In support of this way of thinking is urged the fact that one may be jealous of a mate whom he does not love, the feeling being entirely the result of outraged vanity and sense of ownership. Love, it is said, is unselfish, whereas jealousy is selfish; love is sacrificing, whereas jealousy is simply a matter of ownership. It may be that you have read statements and arguments of this type. But the great mistake made by such theorists is due to a confusion of thought upon the subject of love. Unfortunately, the word "love" has a number of meanings. These theorists have in mind an abstract, idealized conception of love which is entirely divorced from the love of the sexes. In marriage we are not dealing with "Platonic affection."

The union of a man and woman in marriage is the result of sex love, and that is a very different thing from the idealized conception of these theorists. The love of the sexes is a very practical matter, with a definite purpose. Nor does this mean that sex love is a mere physical attraction. It is as much psychic as physical. It has to do with the mind and soul as much as the body. We cannot even say that the expression of sex love is merely physical, for if we could analyze all the factors involved we might find that the currents of nerve-force which go to make up sex-magnetism are more psychic than physical. It is impossible to say that energy of this nature is purely physical. Therefore, one cannot belittle sex love by stigmatizing it as a "physical attraction." It is infinitely more than that. It is the highest and noblest force in the universe, and its practical purpose is the perpetuation of life. Its definite aim is the bringing of children into the world and insuring their highest welfare after birth.

Sex love, therefore, involves possession, and loyalty one to the other, as a necessary and inevitable part of the relation. The union is made permanent for the sake of providing most perfectly for the children. Therefore jealousy is an essential part of sex love. Pride or vanity may have something to do with it in some instances, but analysis will show that this pride and jealousy are rooted in the sex attraction and the conditions and relations that grow out of it.

In short, jealousy appears to be simply the working out of a great natural law that has for its purpose the perpetuation of the race.

Valuable and helpful as it is when controlled, it must not be permitted to run to unreasonable and heart-breaking extremes.

CHAPTER XX

Quarrelling and Making-up

FEW marriages are free from occasional misunderstandings. In fact, life at its best is rarely serene and calm day after day. There are almost sure to be troublesome periods.

A man and a woman marry. During the courtship period the delights of their association have harmonized all their differences. But the closer relationship of marriage naturally brings out characteristics which do not harmonize. So long as the love attraction is sufficiently intense to gloss over these differences, no difficulties need be feared.

But the time comes in nearly all marriages when complete harmony cannot be maintained. There are differences of opinion. There are misunderstandings. For a time at least Cupid hangs his head in sorrow. These "lovers' quarrels" are as a rule of no importance. They seem necessary in most marriages to amalgamate the differences existing between the characters of man and wife. In most marriages they become less severe as year after year passes by, though in some cases the inclination to quarrel never entirely disappears. Naturally it would be unreasonable to expect that there would be absolute harmony between two individuals who have no doubt grown up in different environments; a certain amount of misunderstanding or contention must be anticipated.

It is a man's duty under such circumstances to avoid as much as possible the spirit of contention or anything that approaches a domineering attitude. Human instincts demand harmony in marriage. Quarrelling and strife bring their own penalties. There is no experience that brings a more poignant misery than the knowledge that you have quarrelled with your loved one. In fact, this reaction must have been planned by the Almighty for the purpose of insuring the permanence of marriage. A lovers' quarrel always brings suffering of the most extreme sort to each of its victims and this distress usually brings the trouble to an end very quickly. It should be remembered, however, that a contentious spirit or a domineering attitude will lead to a too frequent repetition of these quarrels and under such circumstances really serious results often ensue. In other words frequent differences may mean a gradual decay of love, naturally resulting in a final separation.

It is not the object of this book to go into the psychological aspects of the lack of harmony in marriage. We would say, however, that if one adheres to the physiological laws of marriage, the sex attraction will be maintained at its greatest strength and intensity, so that whatever differences may arise, temperamental or other, they will be harmonized and smoothed over because of this attraction. Naturally it may be suggested that points of difference should be avoided as much as possible, or else discussed calmly in moments when the affection between the lovers is so strong as to preclude any possibility of irritation.

Real lovers cannot quarrel. The delights and joys that are found in the presence of each other eliminate all contention, harmonize every difference. If this attitude can be maintained at all times within the marriage relationship, there should be no fear of quarrelling, and when there is a difference of opinion under such conditions, or an actual quarrel, it should be of slight importance.

Husbands should also remember that there are periods when a wife is not herself in every way. For instance, during the menstrual period a woman often suffers from what is sometimes termed "nerves," and is extremely liable to be irritable, sensitive and cross. At such times, at least, the husband should give her due consideration, and more than ever he should avoid any spirit of contention. The stronger and more healthy a woman may be, the less is she affected by this periodic function, but unless she is at her physical best, she is at such a time, to a certain extent at least, an invalid, and should be treated with the consideration due one who is weak or ailing.

During pregnancy there are often times when the wife suffers in a similar manner. She is frequently nervous and depressed, sensitive and irritable to an extreme degree. She is really not herself under such circumstances, and she is not to be held entirely responsible for what she may say or do. She is likely to be cross and peevish, and it is the husband's duty to make due allowances for the difficulties associated with her condition. At such times at least a woman should not be held strictly to account for any unpleasant characteristics that she may manifest.

If you are a husband you should remember at such times that you are a man. And you should *try to be a man.* Be chivalrous. Be generous. Play the big part rather than the small part in your associations with your wife. Make up your mind that nothing that she can say or do is capable of offending you.

CHAPTER XXI

Sowing Wild Oats

WE are rapidly outgrowing the idea that a young man must necessarily pass through the grossest sort of immoralities in order to graduate into a decent specimen of the masculine sex.

"Sowing wild oats" is in itself a pleasing phrase. It is a nice way of referring to immoralities of the vilest sort.

This "sowing" process usually begins with secret habits, continues with the help of various prostitutes, during which diseases of the most loathsome character are acquired, and is said to end with marriage. But it is well to remember that in many instances marriage is not the end. It is frequently only the beginning, for terrible penalties often follow the "wild-oats" program. Gonorrhea, syphilis and other complaints may be the "harvest" of this sort of dissipation.

Perhaps a man thinks he is cured of any such diseases that he may have had. He marries and settles down. In time a child comes. Its appearance is looked forward to with joyous anticipations. But when it opens its eyes upon the world they are blurred with a disease that renders them sightless. Or it is covered with sores that indicate that dreaded disease, syphilis. This is the beginning of the penalties that often follow the supposedly harmless practice of "sowing wild oats."

A young man has no more right to the perilous privileges indicated by this pretty phrase than his sister or mother. There is no reason why the mind of a boy cannot be imbued with principles of decency.

Prostitution is a mighty evil, a scourge that has grown to be the greatest curse of the age. Consumption, smallpox and cancer are as nothing compared with this tremendously destructive force. For the devitalizing effect of the sowing of "wild oats" renders one more susceptible to every disease.

This sowing process is another of the damnable products of our pitiless prudery. Were boys and girls allowed freely to associate with each other, were they permitted to enjoy the wholesome, upbuilding influence that comes with such companionship, there would be an exchange of magnetism which, to a large extent, satisfies the sexual craving, although there is actually no personal contact or touch. But where young men are much alone, or compelled through the conventional rules that prevail to-day to associate only with each other, instead of having the company of decent, clean-minded members of the opposite sex, they naturally seek feminine sympathy and affection where they can get it. If they cannot secure companionship of the right sort, they will take the wrong sort. Thousands of young men who are now lured into the arms of prostitutes would be decent and clean-minded if they understood, first of all, the danger of "sowing wild oats," and if they could have, at the same time, opportunities to associate with respectable representatives of the feminine sex.

Thousands of virtuous young women make their homes in furnished rooms and boarding houses, where they actually waste away, often becoming sexless automatons, because of the lack of the masculine companionship which is being squandered upon prostitutes. If there were a convenient method of bringing these men and women together, it would go far toward solving the mighty problem of prostitution. In short, if a man yearns for the association of moral women and means can be found to satisfy this desire, "wild oats" will usually fail to attract him.

The most destructive result of this youthful dissipation is found, of course, in the venereal diseases that almost inevitably follow. Very few young men can go through this experience of "sowing wild oats" without being defiled and tainted with one or more of these complaints. Here is perhaps one of the gravest problems that confronts this age. We can teach young men the horrors associated with the penalties that follow such dissipation, but no matter how plainly these frightful consequences are presented, until conventional law has been so changed that they can find the associations that they crave among the opposite sex, our efforts will be unavailing. You cannot keep men away from women. If they cannot find good women to associate with, then they will accept the company of bad women.

Every reformer who faces this evil squarely and honestly must recognize the truth of this statement.

There is one other phase of the social evil that is especially important, from a preventative standpoint, and that is the intimate relation of prostitution to the habits of drinking and smoking. The average young man, in the beginning, does not realize where or what these influences will lead to. I am personally convinced that if these vices could be done away with it would minimize the social evil to such an extent that it would no longer represent the tremendous problem that it is to-day.

It is true that so far as smoking and drinking are concerned, alcoholism is by far the greater evil, and the more directly responsible for the young man's first misstep in the direction of sexual license. At the same time, tobacco is also a factor, for it is usually the beginning, and helps to blunt his intelligence and moral sense. And as a general thing the boy or the man who smokes will also drink. If he does not drink in the beginning, it will not be long before he is induced to do so, usually with the feeling, probably, that only one or two drinks cannot hurt anybody. Smoking and drinking, at least in the young fool who is trying to be "smart," almost invariably go together.

Now, when the boy learns to smoke and drink he comes under certain influences. There are new associations. He takes to pastimes and questionable amusements that are common among those who smoke and drink. He probably thinks in the beginning that he is doing something manly, and that it is smart to emulate those older than himself who do these things. He even develops a swaggering air, in many instances. He plays pool or billiards, under surroundings in which he can scarcely avoid drinking. As a general thing he gets interested in playing cards, and in gambling in other forms. And here he drinks still more. The process is usually a more or less gradual one. He goes down hill step by step, hardly knowing what he is really doing. And then before long there comes the "woman" question as a matter of course. By this time the effect of the nicotine and the alcohol has blunted his moral sense and his judgment.

Almost without exception, just as soon as the young man goes out and drinks much, the fast women will be included in the program. And he thinks he is smart in this, too. Thinks he is really a "man" now. All these things go together. The fact of vital importance, however, is that in practically every case the young man makes his first acquaintance with the arms of the prostitute when he is drunk. Though he is probably a very sober young man some days later when he finds himself infected with venereal disease, especially if it is syphilis.

There may be some who will take exception to the statement that these indiscretions are most commonly committed in a state of drunkenness. Some people distinguish between the man who has "just been drinking," and the man who is "drunk." At the best, however, the difference is only one of degree. The fact that a man can still walk after having imbibed a few drinks does not mean that he is sober or in possession of his faculties unimpaired. It is a matter of scientific demonstration that even a small amount of alcohol clouds a man's judgment and paralyzes his mental faculties at least to some extent. The man who "has been drinking" is no more himself than the man who is "soused." He is intoxicated, which in its most literal sense means poisoned, and the first effect of this poisoning is upon the very delicate brain cells. He cannot think clearly, his normal standard of conduct is upset, and he will do things which he would never dream of doing when in his right senses. Psychologists all know that normal young men are possessed of a certain degree of sexual "reticence," and this is overcome by the effect of alcohol, just as restraints of every other kind are lost while under this influence.

This drink evil, in fact, has much to do with the problem of prostitution in relation to both sexes. For when the young woman first loses her virtue, in by far the majority of cases she is seduced only because some unscrupulous male libertine has persuaded her to drink until she no longer knows what she is about. She "goes out" innocently enough for a good time, perhaps to a dance where drinks are sold, and even though she may not be "drunk" in the more disgusting sense of the word, yet by the time she has experienced the effects of "a few" cocktails or glasses of wine or champagne, she has lost her better senses and all power of resistance. To a very large extent, this is how girls go wrong. And once having fallen, too many girls think themselves forever "ruined," and are only too willing to drink again to forget, and through this to degrade themselves again in the other way.

Therefore, so far as both sexes are concerned, it appears that the social evil is closely identified with the alcohol evil. This is, indeed, one of the very strongest reasons why it is not safe for a young man to learn to drink. Alcohol is only too likely to be the forerunner of venereal poisoning. Can any young man, or any middle aged man, or old man, afford to take the risk? This is a public question, it is true. And so long as the public refuses to deal with it from this standpoint, little progress can ever be made in the fight against prostitution and venereal disease. But it is also a private question, and it is within the power of every young man, and every young woman, to protect himself or herself from contamination by carefully avoiding alcohol and the other associations that lead to the "sowing of wild oats."

CHAPTER XXII

How Virility Is Destroyed

THERE are two classes of sexual disorders in men, the venereal diseases or infections on the one hand, and the various sexual weaknesses and disturbances of function on the other. Through proper instruction and right living both, however, may be avoided. In this and the chapters immediately following we will consider the various special weaknesses of men and the disorders associated with them, after which we will take up the infectious complaints referred to.

The prevalence of sexual weaknesses is one of the most amazing conditions with which our civilization is threatened. Everywhere one finds great numbers of men lacking in the first essential of manhood—virility. To just what extent weaknesses of this kind prevail it is impossible to say, because owing to their private nature there is great difficulty in obtaining information upon which to base an estimate. Some investigators, however, after many years of study, have come to the conclusion that at least half of the people in this country are suffering from some degree of sexual weakness or disorder, either mild or severe. Naturally, I cannot venture an opinion as to whether or not such an estimate is correct, but it is probable that it is near the truth, and is rather an understatement than an exaggeration. The medical quacks find here a profitable field in which to enrich themselves.

In considering this lack, or lessening, of virility, often called "lost manhood," the first need is to understand its causes. If the cause or causes can be discovered in each individual case, it simplifies the problem of finding the correct remedial treatment, which of course must include the removal of these causes.

Virility, like health, is natural, and a natural life invariably means virility and all the superb mental and physical qualities associated therewith. Impairment or loss of virility is, in every instance, the result of an unnatural life, involving abuses or excesses of various kinds. The influences tending to destroy virility may be of two kinds, those which directly affect the generative system and those which indirectly affect it through lowering the tone of the entire bodily organism. In other words, virility is affected on the one hand by abuses of the generative system itself, and on the other hand by abuses of the body as a whole, as for instance through the use of alcohol or tobacco.

A point which cannot be emphasized too strongly is that loss of virility is not a condition which concerns merely the sexual organs, but one that means also a loss of energy and impairment of function throughout the whole body, involving, in most instances, a failing of mental faculties. Nothing indicates this more clearly than the difficulty of mental concentration in hard, sustained work that is experienced by those suffering in a marked degree from weaknesses of this type. The loss of memory that follows too frequent seminal drains shows very plainly the relation of virility and healthy sexuality to mental vigor. Accordingly those afflicted with such weaknesses should make every effort to overcome them not merely for the sake of an improved sexual condition, but for the sake of their general health, physical and mental, as well, and in order that they may attain the very greatest success in life.

Remember that the generative system is not an isolated organism, something apart from the rest of the body, but is closely related to every other part of it, its connection with the nervous system being especially intimate. I emphasize this point because so many are inclined to take a narrow view of the subject, not recognizing this relationship. And just as influences which lower the vitality of the body as a whole tend to destroy one's sexual power, so the special abuses of the sexual system weaken the entire system.

Masturbation is undoubtedly the first and most important of all the causes of sexual weakness. Not only is it the active cause of trouble in by far the greater number of cases, but it is especially serious because it commonly begins earlier in life than other abuses. Owing to the importance of this particular practice in causing both sexual and general debility I shall devote a special chapter to it. If this one evil could be eliminated it would save literally millions of men from sexual weakness and the generally lowered vitality that accompanies it.

Sexual excesses of any kind, whether within or without the sphere of marriage, tend to weaken and destroy virility. There is an old-fashioned idea that inasmuch as the marriage ceremony sanctions the sexual relation free indulgence therein between persons who have been united by that ceremony is perfectly proper. But excess is no less a crime against Nature because legalized by the marriage certificate. Whether within or without the marriage bond it is immoral, and destructive of sexual perfection. Unfortunately, as I have pointed out in some of the preceding chapters, sexual excesses in marriage appear to be the rule rather than the exception, with the result that there are many unhappy marriages and many debilitated men and women. However, I have already covered most of the practical aspects of this side of the question.

The effect of venereal disease in causing a permanent weakening of the sexual function deserves special attention for the reason that such results are overlooked in most cases. Gonorrhea is especially destructive. Yet most people are accustomed to think of it simply as a local and temporary disorder which can be easily cured, leaving one's condition just as good as it was before. Even when the effects of gonorrhea in causing sterility—unsexing operations upon women and blindness in babies—are known, it is still supposed by the ordinary man that after the disease has been cured in his own case he will be through with its effects, and as good a man as ever. It is for this reason that I would emphasize the fact that if the disease has once become deep-seated, a man will probably never be quite the same after an attack of gonorrhea. A mild attack, which is confined to the anterior urethra, usually works no permanent injury, but where the infection has penetrated to the deeper structures the effects may remain even after the actual disease has been overcome. When the testicles, or their adjacent parts, have been invaded, the inflammation (epididymitis or orchitis) commonly results in sterility, as is well known, but this impaired condition of these essential glands is likely also to affect one's sexual power in every respect. Also by causing inflammation of the prostate gland or congestion of the posterior urethra, this infection may cause varying degrees of weakness such as that known as prematurity, or even impotence.

There are some men who are uninfluenced by moral considerations of any kind, and who will not be frightened into good behavior by the prospect of an infection which they believe will cause temporary inconvenience only, but who would be keenly alive to any danger which seemed to threaten them with impotence, or any weakness tending in that direction. To such as these this question of the relation of venereal disease to lessened or lost virility is recommended for special consideration.

There are various abnormal and unnatural practices which are just as harmful as masturbation, in some instances even more so, and which may even be classed with masturbation.

Among these are unnatural methods of intercourse, which, if long continued, tend to bring on either impotence or other serious weaknesses associated with congestion of the prostate gland and other parts of the generative system. The most widespread of these practices is coitus interruptus, often spoken of as "withdrawal." This consists in terminating the sexual relation just previous to the climax, or moment of highest intensity. This naturally involves a severe shock to the nerve centers concerned and cannot fail to be injurious both locally and to the general system. It is debilitating to the man, but it is usually an outrage upon the woman. The relation, if entered into at all, should be carried through in an absolutely natural manner, resulting in the orgasm or climax being experienced by both husband and wife. If this does not occur, then it is devitalizing in its effect. Men who practice this method of intercourse for a term of years gradually experience a lessening of power, the ejaculation either being retarded or becoming more and more premature, and also develop a train of symptoms characteristic of nervous disorders as well as digestive and other functional disturbances.

Another injurious practice is the attempt to prolong the marital act beyond natural limits. The direct effect of this is to bring about a serious congestion of all the parts concerned, though it is probably most exhausting to the nerve centers involved. Of course the sexual act can only be prolonged by stopping it from time to time. Even then, if it is finally terminated in a natural manner, the result is not so bad as when the attempt is made to avoid the orgasm entirely. This is thoroughly unnatural and invariably harmful in the long run. Yet not only has this method been practiced by the members of the Oneida Community and by many others, but there are still some writers who advocate it, on the theory that by conserving vital energy through the retention of the seminal fluid it prolongs life. There has been so much trash and nonsense written and thought about sexual matters that it is a safe plan for the average reader to beware of any unscientific teachings upon the subject.

If one wishes to conserve vital energy by avoiding the waste of the spermatic fluid, then the way to do it is to live a continent life, free from sexual excitement of any kind. Or, if not a completely celibate life, one in which temperance in the marital relation results naturally from obedience to a wife's normal instincts, as suggested in previous chapters. To avoid waste of this fluid it is not necessary to practice absolute continence, and certainly there can be no advantage in achieving such an end by the sexually exciting and yet unnatural practice of engaging in sexual relationships in which the orgasm is suppressed. The harm done to the nervous centers, under such conditions, and the congestion of the parts will more than offset the fancied advantage of retaining the seminal fluid. If the passions have been aroused to the extent of demanding the sexual act, and if it has been entered into, then it should be concluded naturally.

Ungratified passion undoubtedly has a weakening effect in the course of time, and for this reason it is the height of folly—when it is impossible to gratify naturally the passions likely to be aroused—to persist in close personal intimacy with one of the opposite sex, with much fondling and caressing. I have referred to this in the chapter on "Love Making and Its Dangers," and it applies particularly to prolonged engagements in which the parties concerned take many personal liberties with each other in the way of ardent kissing and "spooning." An occasional experience of this kind would have comparatively little effect upon a healthy organism, but when it is repeated day after day for an extended period of time, it is weakening and destructive in the extreme. If the man finally marries, he will be likely to find himself suffering from prematurity or even more serious weakness. If passion cannot be gratified it should not be aroused.

Whether continence is harmful or not—a question which has been very widely discussed, with much difference of opinion—depends almost entirely upon whether or not one can live a life comparatively free from sexual excitement. If one can avoid sexual stimulation, it is both easy and beneficial to live a completely continent life. But if one has very strong sexual instincts and one's passions are frequently aroused, then continuous abstinence would not only be difficult but unsatisfactory in its influence on the general health.

To avoid sexual excitement it is not alone necessary to avoid the physical intimacies above mentioned. Erotic thoughts will do just as much harm, and after the habit of stimulating the sexual centers mentally has once been formed it is likely to be very persistent and insidious in its influence. This sensual state of mind keeps the sex centers in a state of constant excitement and the organs concerned in a state of congestion. It leads to prostate trouble, urethral congestion and irritability, varicocele, and a general weakening of the entire function. This habit can best be described by the term, "mental masturbation," and the fact is that after a time, as a result of its weakening effect, it becomes possible for the victim to induce an emission merely through his thoughts. Of course this indicates that he has reached a condition of serious weakness.

The general bodily influences which tend to destroy virility may be said to include almost everything that lowers vitality and weakens the body as a whole, and particularly anything that acts as a poison to the system.

Alcohol is regarded by many men in the medical profession as a sexual stimulant, but there is nothing more destructive of reproductive integrity in the long run. Without doubt its stimulating quality is only apparent, the result of a lessening of the moral sense, or the natural restraint which would be exercised in a normal and sober condition. Any sense of delicacy in behavior which one may possess is blunted through the influence of alcohol, and without doubt its reputation as a sexual stimulant is due largely to this fact.

Not only are the children of alcoholic fathers constitutionally weak, or prone to nervous and mental deficiencies, epilepsy and lunacy, but the direct result upon the drinker himself is a tendency toward impotence, greater or less according to the extent of his indulgence in intoxicants. It is true that some constitutions can stand a great deal more abuse than others, and in some cases one may imagine that the use of alcohol or tobacco is not doing any harm. But if so, it is only because their evil effects are not at first so pronounced as to be apparent, or because one's perceptions are blunted. Sooner or later their harmfulness will be manifested unmistakably. The fact is that in a great many cases of chronic alcoholism the victims are absolutely and permanently impotent. It is obvious that if the extended use of this poison will bring about this result, even a moderate or small indulgence must have a weakening effect upon the sex function.

There is a widespread notion that the so-called lighter alcoholic beverages, such as beer and wine, are comparatively harmless. There are some writers who even advocate a freer use of these as a means of doing away with the use of spirits. The "prohibition" movement in France is directed only against the sale of spirituous liquors, there being no hope of curtailing the sale or use of wines and beers, and perhaps no desire to do so. The truth is, that the lighter alcoholic beverages are likely to do just as much harm as the heavier beverages, because of the greater quantity consumed. One is likely to secure just as much alcohol in a large glass of beer, with its four and one-half per cent. of the poison, as in a very small portion of some spirit, with its forty or fifty per cent. of alcohol. It all depends upon the size of the portion. One great disadvantage of beer and wine is the tendency to use them regularly. It is known to life insurance actuaries and other students of the subject that the "moderate" indulgence which so many persons think harmless is the very worst form of alcoholism, because it is so often "regular." The continuous, daily use of alcohol, however moderate, undermines the system and does most harm. Occasional actual drunkenness, with more or less extended intervals of complete sobriety, will do less harm to the liver, kidneys, heart and arteries than "regular, moderate" indulgence. And the same rule would doubtless apply to the reproductive system. Some authorities declare that beer is the most injurious of all intoxicants so far as the sexual function is concerned.

I know of no condition for which I can emphatically endorse the use of alcoholic liquors of any kind, though I must admit that some have been called to my attention in which it has been alleged that the use of wine and beer has been of advantage. In nearly all instances of this kind, however, the advantage, if any, has come from the increased use of liquid that was taken, rather than because of the alcoholic character of the drink, and in fact, in spite of the alcoholic character of the drink. As I have often said, many people following a sedentary occupation do not consume sufficient liquid. They gradually acquire the habit of avoiding water. The system needs an abundance of liquid. Such people should take especial pains to cultivate the habit of drinking more water. It is a good thing to have a glass of water standing near at hand as a constant reminder.

If one is in the habit of depending upon a mild alcoholic stimulant, and is not able to cease its use altogether, it is often a good thing to weaken gradually the alcoholic strength of the drink. For instance, if you are in the habit of using wine, make it half water; then make it three quarters, and in this way gradually eliminate the alcohol while you can still secure the benefit of consuming a considerable amount of liquid. I have known many examples where the alcohol habit has been broken in this manner, for after a while, one can dispense with the wine, but can continue to take a sufficient amount of water to meet the necessities of the physical system.

Many writers have commented upon the curious effect of alcohol in both increasing the sexual appetite and diminishing the capacity for its satisfaction. It is hardly necessary to do more than refer to the facts that rape, like most other crimes, is commonly committed under the influence of alcohol, and that the groggery and the brothel are usually found together. From this it does not follow that alcohol is a sexual stimulant, as I have already pointed out. The supposedly stimulating effect of alcohol on the sexual system is due largely to the fact that it first of all attacks the higher brain centers, thus lessening the power of inhibition, and naturally turning loose all of the most primitive animal impulses, even though the power of satisfying these desires may be either impaired or entirely lost for the time. On the one hand, alcohol causes young men to forfeit their self-respect and perhaps their health in houses of prostitution, young women to lose their virtue, and husbands and wives to commit adultery; on the other hand, it makes the sexual relation unsatisfactory, difficult or even impossible. Truly, no one can afford to indulge in a habit of this kind, whether the subject is regarded from the standpoint of morality and decency, physical and sexual integrity, or from that of the epicure.

I once received a letter from a woman asking advice in reference to her husband, whom she described as having been completely impotent for some years, though he was not over thirty. In detailing the case she referred to the fact that he smoked excessively, drank regularly every evening while playing cards, and took no physical exercise whatever. What should he do? It was no wonder that he was impotent. There may have been other causes for this result in the beginning, perhaps in the form of masturbation or excesses, but it would certainly have been hopeless for him to expect any improvement in his condition so long as he continued to use these narcotic poisons, no matter what treatment he might adopt.

Tobacco is one of the greatest of all foes to virility, because of its extensive use by millions of men. The effect is not so immediate as in the use of other poisons, but in the long run it has a most depressing effect upon the procreative function and without doubt is, in many instances, the main cause for sexual weakness or impotence. In all medical works tobacco is listed among the most important anaphrodisiacs, or agents for allaying the sexual desire and lowering the function. I have even known medical writers to advocate the use of tobacco in combating a habit like masturbation, just as they sometimes prescribe the bromides for this purpose. This is only corroborative evidence of the destructive effect of this alkaloid poison. When nicotine, the active principle of tobacco, is abstracted in its pure form, it is, perhaps next to prussic acid, the most rapidly fatal poison known. Of course in smoking one gets a very small amount of it, and the system is poisoned only gradually, but none the less the harm is done, and any man who values his reproductive vigor, and certainly one who wishes to overcome any weakness in this respect, should absolutely avoid the tobacco habit. Nicotine is a gastric irritant, it causes an undue flow of saliva, which is naturally a drain upon the system, it affects the vision, the heart, the lungs, the muscles, and especially it has a numbing effect upon the brain and nerves. No one can use tobacco freely and persistently and still retain steadiness or strength of nerves, and this is just as much true of mental keenness and sexual strength. It is true that many clever and capable men use tobacco freely, but there is no doubt that in all such cases they could do even better work and far more of it if their systems were free from the influence of this chronic narcotic poisoning.

Drugs and stimulants of all kinds are similarly destructive to virility. There are certain drugs which are supposed to be sexually stimulating, but in the end they will be found to be injurious. Remember that anything which over-stimulates the sexual centers will only tend to exhaust them the sooner. Among physicians strychnine is a favorite drug for stimulating the sexual system in certain types of disorders, but some of the best authorities in this field are convinced that strychnine is ultimately destructive to a man's potency. Likewise, in small doses morphine and cocaine are thought to stimulate the sexual centers, and yet we find that those who use these drugs habitually and extensively are almost invariably impotent.

There are other drugs which are immediately depressing in their effect upon the generative system, just as is tobacco. Most prominent among these are the bromides, but the list also includes potassium iodid, potassium nitrate, chloral, camphor, arsenic, belladonna and many others. In fact, all poisonous drugs and stimulants have a weakening effect in this particular direction, just as they are harmful to the body as a whole. So far as I know there has never been any extended or detailed study of the effect of tea and coffee on the sexual function, but in view of the effect of caffeine upon the nerves and the general health I cannot doubt that the reproductive system is weakened to a certain extent by the extensive use of these beverages. The trouble is that the whole subject is obscure and it is difficult, in the very nature of things, to investigate it. It is well known that caffeine is much used by women, some of them drinking tea in almost unlimited quantities, and it appears to me that this fact probably has a great deal to do with the prevalence of what is called "frigidity" in women.

Some physicians have estimated that from twenty-five to fifty per cent. of women are deficient in their sex sensibilities, though it is impossible to make any definite statements on this point. Certainly the condition is fairly common. We must remember also that where there are likely to be various other factors contributory to this condition it is difficult to isolate any special cause, such as tea drinking. Yet in view of the effect of other drugs, and the general health-destroying effect of caffeine, I can see no reason why it should not act upon the reproductive system just as do other drugs.

And while we are talking about the effect of drugs in producing impotence or sexual weakness, it should be said that medical literature has much to answer for in this respect. It is true that the greater burden of blame falls upon medical quacks, but the fact is that standard medical works are quite as apt as the quack to advise treatment which robs the patient of what little vigor he may still have had when he applied for relief. I have had any number of letters from men telling of their experiences with medical treatment, and pointing out that after a course of medication, usually the taking of bromides, their power steadily declined, complete impotence being the outcome in many cases.

The use of the bromides is always to be condemned. It is undisputed that they are sexually depressing. For this reason they are employed in many cases to check the tendency toward masturbation and also to prevent excessive night losses. They actually do produce results in such cases. But how? Simply by paralyzing and destroying the sex function. If their use is continued long enough, they will "cure" masturbation and night losses by producing impotence and sexlessness. I may say that the better-informed and more careful specialists use these remedies with caution, and only when they find what seems to be occasion for reducing extreme activity and excitability of the organs and nerve-centers involved. When any pronounced weakness is present they will not use them at all. They know better. But under such conditions there is always weakness, and it must always be dangerous to use such methods. Besides, they are unnecessary. Cold water and other treatment will produce the same results. A prolonged cold pack to the spine will have the desired depressing effect. Many physicians, however, regard the bromides as established remedies to be used universally in sexual troubles, and prescribe them, in almost any kind of a case, with disastrous results.

Then how can the sufferer avoid mistakes? Certainly not by using the ordinary medical methods. Many books are now published upon the subject of "sex hygiene," and a large number of them are written by physicians. Practically always these books advise the young man to avoid quacks, but to "go to his family physician" in case of trouble. The "family phyician" is held up as an infallible authority in matters of this kind, but in some cases he is as ignorant as the layman. Don't go to your family physician unless he can treat you without the aid of drugs that must ultimately have a damaging effect.

The medical profession as a whole has never given much study to the subject of sexual weakness. For a long period venereal diseases were practically ignored, perhaps on the theory that the victim deserved punishment for his moral transgressions. But while as much attention is now given to venereal as to other diseases, the same cannot be said of other sexual disorders. The great reason why quacks and charlatans have been able practically to take possession of this field is that the reputable members of the profession know but little about it and have ignored it. Your family physician in ninety-nine cases out of a hundred will advise you to get married in order to cure a condition of complete unfitness for marriage, apparently ignoring the fact that such an alliance is nothing more than a fraud and an outrage so far as the woman in the case is concerned. In some instances he will advise marriage only as a last resort, upon finding that his "treatment" has failed to benefit. "I can do nothing for you. The best thing you can do now is to get married." And a man is fortunate indeed if, after a course of medical treatment, he does not find that he is infinitely worse off than he was before.

All this may be a diversion from the subject of the effect of drugs in destroying virility, but the use of the bromides is so nearly universal in the treatment of these disorders, and physicians are likely to do so much harm in this way, that it is important that the reader should be properly warned. The only safe plan is not only to steer clear of the more powerful drugs and poisons, but to avoid even the milder stimulants and narcotics. Certainly, manhood and all that goes with it in the way of nerve-force, mental energy, ambition, courage and its various other psychic characteristics, is worth infinitely more than the small effort required to avoid such influences.

All bodily influences of a debilitating nature tend to lessen virility. Anything that lowers vitality or weakens the constitution cannot fail to have some injurious effect upon reproductive strength. Nerve-strain, especially, has a weakening effect, and many years of mental overwork, such as is conducive to neurasthenia, may be the cause of serious weakness in the sex function or even of partial impotence. Naturally, we must distinguish between overwork and hard work, for a healthy, virile man, living under right conditions, can do a prodigious amount of hard mental work and still remain vigorous. Hard work does not hurt one. Under proper conditions it is the very best thing for one. But when it is carried too far, when the bodily health is not conserved by daily periods of exercise and outdoor life, when a man loses sleep year after year through working day and night, and especially when his labors are carried on in the face of worries and trials that involve excessive nerve-strain, the system will eventually break down, and virility will suffer at the same time.

Physical overwork is not so very common, and in no case is it so injurious as mental overwork, but physical overwork is likewise detrimental, as in the case of the man who begins his toil long before the sun rises and continues it into the evening. Physical overwork, or the daily and repeated expenditure of energy beyond the power of the organism to restore the loss, the continuous forcing of oneself to a state of fatigue from which one cannot quite recover, means in time the weakening of the kidneys, the overtaxing of the liver, the degeneration of the arteries and the premature aging of the various other organs. Men who live to a very great old age are usually professional men or others who have not injured themselves by working to excess.

Underwork is a condition likewise unfavorable to the highest degree of virility, for the reason that with too much loafing the body as a whole deteriorates, and all the organs suffer in common. It is only when living an active life that one can be at one's best. Vigorous exercise, or good hard work each day, both physical and mental, are highly desirable both for one's general welfare and reproductive strength. A great objection to underwork, too, is that idleness, in the case of one lacking in character, permits the mind to dwell too much upon erotic fancies. Also, in some instances, the failure to use the energy of the body in legitimate ways sometimes leads the idler to divert an unnecessary and undesirable amount of it to sexual channels.

Furthermore, underwork favors the accumulation of flesh. Obesity is seldom a favorable sexual indication. Fat often accompanies senility, and its accumulation in men previous to middle age usually means a loss of much of that energy and power both of mind and body that go with virility at its best. The vigorously sexed man is usually hard and rugged. There are exceptions to this rule, as when a man carries a moderate amount of fat and is still full of energy, apparently as active and quick and strong as ever. We have all known such men. But fat accumulated beyond this point, and accompanied by the phlegmatic tendencies of the obese generally, usually means a loss of virility. Keep strong, keep active, keep hard and vigorous.

Social dissipations, especially when they involve much excitement, are as bad as, or worse, than mental overwork. It is all a question of the amount of nerve-strain involved. Late hours and excitement are among the very worst of dissipations. It used to be thought that dissipation meant smoking, drinking and other immoral behavior, but one can be dissipated while doing none of these objectionable things, simply because one is wasting one's forces. Novels and plays of an exciting, stirring character, too much indulged in, have a decidedly weakening effect. The same is true of worry and other depressing mental states. I do not mean to say that a short period of worry, in the case of one possessing vigorous sexual health, will have the effect of producing any material disorder, but it is true that a state of worry and mental depression, continued over a long period of time, will not only undermine the health generally but the reproductive system as well. Sexual weaknesses are a common source of worry. Many cases of impotence are of a "psychic" character, the result of long brooding or worrying over weaknesses or mistakes of the past, until the victim is unable to utilize even such strength as he may possess. But the more he worries over it the worse the condition becomes. This, however, is a matter to be taken up in detail later.

An appreciation of these various causes of sexual weakness will enable the reader to judge somewhat of the requirements of his own case. To know the cause of the trouble is half the battle. In most cases of impaired or lost virility favorable results may be expected by avoiding the causes of the weakness in the future, and by building up the body and increasing vitality. Definite results cannot be promised in all cases, for the results will, to a certain extent, depend upon the character of the abuses to which one's body has been subjected, and the extent to which they have been carried. Nature will work wonders, however, if given a chance, and the methods which I will outline in the following chapters have accomplished remarkable results in the cases of thousands of sufferers from these various disorders.

CHAPTER XXIII

The Truth About Masturbation

MASTURBATION, also commonly known as "self-abuse," is the greatest of all sexual evils, not only because of its widespread practice, and the opportunity for excesses, but especially because of the fact that it generally works its harm during the period of growth, when the results of any sexual mistake or abuse are far more serious than they would be in adult life.

The habit is injurious at any time of life, however, owing to the drain upon the constitution and the weakening or exhaustion of the nerve centers which it involves. It is truly an outrage upon the body — to such an extent that the effects are not only physical but moral or psychic as well. The mind and soul of the victim seem to be tainted at the same time that the body is weakened and sexual power impaired by this degrading practice.

Masturbation is often thought to be more harmful to boys than to girls, because of the direct drain upon the resources of the body in the case of the male through the loss of the seminal fluid. But when one considers the havoc wrought upon the more delicate nervous systems of young women it is not always so certain that they suffer less seriously from the practice than do young men.

Naturally the injury that results from this particular evil is influenced, to a very large extent, by two factors: first, the general vital vigor of the victim, and, second, by the effects on the whole physical fabric. For instance if one is what might be termed "high strung," possesses a delicately-adjusted and keenly-sensitive nervous system, the effects of a habit of this sort would be far greater than in those who might be described as phlegmatic in temperament. The phlegmatic temperament is usually protected by superior vitality, but also by less inclination to indulge in a habit of this sort. Therefore, it might be said that the more ability one possesses, the more alert and keen one's mental capacity, the greater would be the inclination towards a habit of this sort and the greater would be the harm wrought by its indulgence.

We must also fully admit that the injury resulting therefrom is very greatly increased because of the usual inclination to worry about it. The mind and body act and react upon each other. The after effects of indulgence of this sort are strongly inclined towards mental perturbation and undoubtedly this tendency has been created as a means of self-protection from the evil, tending naturally to lessen gradually its practice.

Because of the almost universal prevalence of this evil the subject is one to which the closest attention should be given by every one, and especially by parents and educators. It is a possibility in the life of every child, boy or girl, and it is therefore imperative that parents should guard against it, not only by keeping in close touch with their children, but also by gaining and keeping their confidence and warning them of the physical and mental injury that follows self-abuse.

Owing to the secret character of the practice it is impossible to make any definite statements as to the extent to which it is carried on. Many writers of authority have even asserted that among boys the habit is universal. One investigator has said that out of every hundred men ninety-nine have masturbated at one time or another, and the hundredth is a liar. Such a statement is of course the utterance of an extremist. It may not be very far from the truth, but the situation is bad enough without exaggeration. That this secret vice has been practiced by the majority of young men to some extent, at one time or another, there seems to be no doubt. Various careful students have estimated that anywhere from seventy-five to ninety-five per cent. of young men have thus defiled themselves, some of them perhaps only for a short time, and to a moderate extent, and others excessively and for long periods. In most cases the practice is commenced in utter ignorance of the harm that may result from it, and when the victim learns that it is injurious and vicious he either stops it, or tries to stop it. In the latter case his struggle against it checks its frequency, and in that way mitigates its evil effects.

Girls are by no means free from the practice, though it is far less common among them, careful students having placed the percentage of those who indulge in it at anywhere from ten to twenty. It may be much more than this, however, owing to the greater secrecy of women in matters of this kind, and the consequent difficulty of obtaining information.

Prudery is undoubtedly one of the chief causes of masturbation, and it does not assume a merely negative rôle; for it not only keeps the young in ignorance of the harmfulness of the habit, but throws around the whole subject of sex an atmosphere of mystery which serves actively to stimulate the curiosity and interest of the child in this department of life, thereby making him only too ready to be initiated into practices of this kind at the first opportunity.

There is no doubt that the habit is most frequently begun through initiation by vicious or ignorant associates. It may be the stable boy, or the minister's son, or any of the companions of the school playground. Occasionally it is a stupid, ignorant servant, possibly even a servant girl. The habit spreads as though it were some form of contagion. One learns it from another who has in turn been introduced to it by some one else.

Children are almost invariably ignorant of the fact that they are doing any real wrong, or injuring themselves, when commencing this habit. If the parents had their confidence and had warned them of the danger, they would be protected, to a great extent, against such influences. There is at the present time a considerable number of people who object to the teaching of sex hygiene in the schools, or even elsewhere, on the theory that knowledge alone is not sufficient to prevent wrong doing of this character. That may be true in some instances. Knowledge might not be sufficient in all cases; but it would give the child or youth a fighting chance, and that is something which the secrecy and mystery in which this subject is now involved do not give him. The world is full of young men and women suffering from the weaknesses and mental tortures that follow excessive early indiscretions, and crying out, "If I only had known, if I only had known." I don't know how many thousands of letters I have received from men and women appealing for help, most of them explaining the manner in which they commenced this habit, and stating, in practically all cases, that they had no idea that it was injurious. The secrecy regarding sex subjects maintained by their elders had been such that they had had no chance to learn that it was wrong.

It may be true, as respectable, prudish people insist, that knowledge alone is not sufficient to prevent these vices in all cases. But I note that knowledge alone is often sufficient to enable the victim to break the habit, and it is far more difficult to break a habit than to avoid forming it. It is certainly true that character building and religious training count for a great deal in matters of this kind, but Sunday school children, and even adult ministers, preaching the Gospel from the pulpit each Sunday, are sometimes addicted to this habit, often contracted through ignorance. Several State Sunday School Associations now have a Department of Purity, and by means of literature, addresses, and conferences are disseminating this much needed knowledge. The value of character building and ethical teaching does not alter the fact that knowledge in itself is both desirable and necessary. What would we think of sending our children to walk blindfolded through a wood filled with pitfalls and quicksands? Yet that is just what we do in keeping from them the knowledge that is so necessary to their self-preservation. It is prudery that is chiefly at fault.

Sometimes this habit is not acquired from others, but is commenced accidentally, or as a result of curiosity as may be observed in monkeys. Not rarely it is due to some irritation or itching of the parts concerned, which is directly due to lack of cleanliness. If strict cleanliness of these parts is maintained, the young boy or girl will usually be unconscious of their existence, unless attention is drawn to them through outside influences. But even when the habit is commenced for such reasons as these it is still ignorance, and the prudery back of ignorance, that is chiefly at fault.

This question of genital cleanliness is one that is still greatly neglected, even by many who are more or less refined in most other things. The hygienic requirements of the body in this matter should be taught to every child very early in life. Physicians having much experience with genito-urinary disorders testify to the fact that cleanliness is still far from being universal, or even general. It would seem almost incredible that such should be true in any civilized country where soap and water are matters of course. The neglect of this important detail of the toilet is sometimes such as to remind one of the filth of the religious ascetics of the dark ages, and often is of similar origin. One Sunday-school teacher, found by his physician to be a frightful offender in this respect, said that he regarded it as sinful to handle or bother about these parts. Even in bathing! The local use of plenty of soap and water is effective in preventing irritation of these parts, and when there is inflammation that makes them sensitive to soap a solution of boric acid will be found a good cleansing and antiseptic agent.

The age at which masturbation is most commonly practiced is between puberty and maturity, although it may be found at almost any time of life. It is carried on by many men and by some women through adult life. It is sometimes begun in early childhood, and even in infancy, usually as the result of irritation. The coming of puberty, however, with the rapid development of the reproductive system and the sex instinct, is the most dangerous period, and it is in the few years following this change that the habit is most weakening, because of the drain on the seminal fluid. Abuses that might be tolerated by an adult with comparatively little inconvenience would at the time of puberty or a little later, be sufficient to wreck the constitution.

The harmful results of masturbation are twofold in character, the habit being, first, destructive to the sexual function itself, and, second, debilitating to the constitution. In other words, the habit is unsexing on the one hand, and on the other hand tends to undermine the strength of the body generally. It would be hard to say that either form of weakness precedes the other, for cases vary; as a rule the two results go side by side.

To just what extent is masturbation injurious?

There has been so much difference of opinion expressed upon this point by various writers that even those of my readers who have read much upon the subject will be anxious to get a fairly clear idea of the truth of the matter.

In the first place, there is no question that the harmfulness of the practice was greatly exaggerated by the early writers, and there is no doubt that some of the more recent writers have drawn their conclusions from the statements made by the former. On the other hand, there are many writers of the present time who go to the opposite extreme in declaring that masturbation does little or no harm in most cases.

Both of these extremes are wrong. The fact that a man may survive an experience does not mean that it has been good for him, or without bad effects.

Many writers of the present time are undoubtedly doing much harm by belittling the effects of self-abuse. They have so much to say about the exaggerations of the early writers that the reader is likely to get the impression that the habit is not so injurious after all, and therefore does not try to break it. I quite agree that the alarmist view is not usually desirable, because it sets up a train of worry in the mind of the young man or woman which only aggravates the trouble and makes the struggle against it harder. But at the same time it is foolish to give the impression that the practice is of little importance, or to say that nearly every one has been addicted to it and that most of them have survived with good health and functions unimpaired.

The fact is that masturbation is always detrimental, even in the most moderate degree, and when carried far is extremely destructive. If not commenced until after mature years have been arrived at the results will be less serious. Unfortunately, however, it is practiced, in nearly all cases, before the age of eighteen years, more often from fourteen to sixteen, and sometimes it is kept up from the age of twelve or fourteen until marriage—occasionally even after that. It is really true that when practiced extensively in the early years of youth the results are often almost serious enough to justify the horrible pen pictures painted by the sensational and exaggerating writers of a generation ago. And even in adult life it is sufficiently debilitating, robbing a man of his bodily energies, his mental strength, his spirit and his ambition, besides weakening the sex function itself and inducing a condition of general unfitness for marriage. It is a serious matter even in adult life.

The great consideration to keep in mind is that the harm depends very largely upon the extent to which, and the length of time during which the practice has been carried on. Fortunately, as I have said, many break the habit as soon as they learn its serious character. In other cases, it may have taken such a hold as to be very difficult to break, but by continually struggling against it the frequency with which the practice is indulged in may be so reduced as to lessen the harm done. In many such cases the habit is finally broken only after two or three years of fighting against it.

It is well to remember, also, that some constitutions seem to be much stronger than others in this respect and can stand far more abuse, just as some men can tolerate more alcohol and tobacco without showing the immediate effects, even though these poisons are continually injuring them. There are some who claim that masturbation never did them any harm. The man who feels this way about it was probably gifted by nature with prodigious sexual strength. But I do not think this can ever be truthfully said. I cannot agree with those who hold that it is only the excess that is harmful. This practice is injurious no matter with what moderation it may be indulged in, just as alcohol and tobacco, even in small quantities, are harmful, in spite of the fact that the user may not be able to see the effect immediately.

The fact is that masturbation is always weakening and devitalizing, either in youth or in adult life. It is a process of accomplishing gradually what castration accomplishes suddenly. It means the slow undermining of manhood and all that goes with it. That the harm is often exaggerated is doubtless true, but in view of the fact that the practice, when carried far enough, utterly unfits a man for marriage and for life, any attempt to minimize its seriousness may be criminally misleading. The fact that the victim may still be able to dress himself and walk about and eat does not necessarily mean that he is a man. It does not indicate that he has not been harmed. The results may range in different cases all the way from nocturnal seminal losses and varicocele down to complete impotence. Let the young man who finds himself hopelessly impotent ask some of these physicians what they mean by saying that the habit is not especially harmful.

What is known as "prematurity," or precipitate ejaculation, a condition which is nearly as serious as complete impotence in disqualifying the victim for marriage, is one of the most common of the results of masturbation in men. There are, of course, various degrees of prematurity, ranging from a mild case, to an extreme sensitiveness or "hair trigger" condition, in which the ejaculation may take place upon slight excitement, or even before attempting the relationship. More or less prematurity is invariably the result when masturbation has been practiced to any material extent. In women the most frequent result is to delay the orgasm, perhaps through lessened sensitiveness. In some cases it also leads to prematurity in women. Impotence, too, may be the result in both sexes, or complete absence of any sexual desire.

Masturbation tends to exhaust the nerve-centers of the spine. It also produces such a congestion of the various organs and glands of the reproductive system, and taxes their strength to such an extent as to cause varicocele, prostate enlargement, urethral inflammation, especially of the posterior urethra, possible atrophy of the testicles or other parts, seminal losses and other special disorders which will be taken up thoroughly in later chapters.

The general bodily effects of masturbation, apart from the effect on the generative system itself, are to be seen in a lack of energy or general lassitude, a weakened muscular system, an all-around lack of development, sometimes a dragging gait, weakness of the bladder, or urinary symptoms, a pale or sallow complexion, often with dark rings around the eyes, as well as pimples and blackheads, poor memory, difficulty in study or mental concentration, lack of self-confidence, a tendency to avoid the society of others, especially that of the opposite sex, and an inability to look other people in the eye. Of course these symptoms are typical only of serious cases. When the habit has not been carried very far, or has not been productive of much harm, they will not be in evidence. The mental or psychic symptoms are especially important and may be observed in varying degrees. A naturally strong-minded character may overcome some of them as for instance the lack of confidence, by force of will, but in many cases these anti-social symptoms are extremely marked. Weakened memory and poor mental concentration are among the most persistent and common of such symptoms.

The personal appearance does not, however, always indicate addiction to this habit, contrary to the statements of some of the old writers. When the individual has inherited extraordinary vitality, his natural strength may enable him to endure considerable abuse without showing it externally, so that we cannot, as a rule, judge by appearances. There has been much said about the masturbator's face, which the keen observer is supposed to read like the page of an open book, and also about the masturbator's walk; but there are thousands of cases in which there is no indication of the habit, either in face or walk. There are some men who are actually impotent, but who yet retain a healthy, good appearance, so far as the face is concerned. Only in a test of athletic strength, or trial of nerves, would they be likely to show plainly the effect of their condition.

Much has been said about the relation of acne, or pimples, to this habit. While this condition is a frequent result, yet it is not always a true indication. The natural character of the skin has much to do with acne, and persons with clear, smooth skins are often great offenders in this respect. Persons having naturally oily skins are most likely to be afflicted with pimples and blackheads, which are commonly found on the face and shoulders, these being the parts of the body where the sebaceous glands are more plentiful. The so-called "flesh worm" of the blackhead is only an accumulation of the dried oily secretion of a sebaceous gland resulting from the clogging of the opening. The ordinary pimple is caused by a mild infection which has traveled down the duct of one of these glands, or down the root of a hair. When these tiny glands are especially active such difficulties are more likely to be met with. The sebaceous glands, like all the other glands of the body, are most active in youth, from the period of puberty until maturity, and it is largely for this reason that young people of this age are so frequently affected with pimples. Masturbation is not necessarily involved. Rigid cleanliness, by preventing the clogging of the tiny ducts, and also by preventing infection, will do a great deal to prevent pimples. Also cold water and ice, because they contract or close the pores, are useful. Warm or hot water opens them, and should be avoided generally.

At the same time there is another factor to be considered in acne, namely, the question of pure blood and resistance to infection. In vigorous health the infection cannot gain a foothold. But when the vitality is lowered, the circulation weak and the vital functions impaired, it is easy to develop these pimples. Now, masturbation, of course, tends to derange the internal functions, weakening digestion and otherwise impairing the quality of the blood, so that pimples are likely to occur.

In other words, acne is often found upon the face, shoulders, chest and back of masturbators as a symptom of lowered vitality but is not the positive indication that some have supposed. In some cases the health is undermined only slowly, during a period of years, and the appearance for a long time may indicate nothing wrong.

The nervous results of this habit are serious, being in the case of many women victims, the most pronounced of all. Neurasthenia frequently follows, and failing memory and brain fag are commonly experienced. After the habit has been broken there will be a gradual recovery from these conditions, but so long as one suffers from excessive night losses or spermatorrhea one will continue to feel these effects of nervous depletion.

The question of insanity resulting from masturbation is one that particularly requires attention, inasmuch as all the old writers on the subject had a great deal to say about it. Also, booklets published by quack doctors for the purpose of scaring their victims into giving up their money, so misrepresent the dangers of insanity from this cause that the truth should be told with all possible emphasis. And the truth is, according to extensive scientific investigations, that no one needs to worry about going insane as a result of this habit. The evil is bad enough without making it worse. Any number of terrified persons have written me agonizing letters, imploring me, "for God's sake," to save them from the madhouse, to which they were convinced their trouble was driving them.

Now, just to know that masturbation does not cause insanity will relieve the minds of thousands of a fear which is sometimes one of its worst results, for in many cases the mental tortures of the victim who feels himself threatened with loss of reason, are infinitely more injurious to him than the direct physical results of the habit itself.

A great deal of scientific study has been given to this subject of insanity, with encouraging results. The fact is that there is no danger of any one's going insane from ordinary causes unless he comes from a family in which there has been insanity, and which is characterized by an hereditary weakness of the nervous make-up predisposing toward mental disorders. It used to be said that men went insane from overwork, or from grief, but this actually does not happen in the case of one with a normal nervous constitution. If it were true, millions of us would be insane. Shock or grief, or nerve-strain from overwork, might possibly be the "active" or "exciting" cause of insanity in the case of one having an inherited tendency toward it, but even then it is more likely that the determining factor would be found in alcohol or some real destructive influence. Shock or grief certainly would have no such effect upon a normal man. The "moving picture" scenes in which persons are represented as "going mad," or "losing their reason," from any old cause, are unpardonably false and silly. Even when one has an inherited susceptibility, insanity can be avoided by keeping the blood pure, and living a life that will keep the nerves healthy and strong.

When insanity is not induced by heredity it results from the effect of poisons upon the body and brain, or from injuries to the head. Most insanity is directly due to the destruction of brain cells through poisoning. The alcohol poison, for instance, is to blame for one-fourth or more of all cases to be found in the asylums. Habit-forming drugs are often responsible. A large percentage of criminals also are drug-fiends, when they are not alcoholic. The poison of syphilis is another cause of insanity, producing paresis or general paralysis, popularly known as "softening of the brain." In a similar way the poisons of other diseases sometimes affect the brain.

Feeble-mindedness is sometimes the aftermath of scarlet fever or other childhood infection.

I have gone to the trouble of explaining all this about insanity simply to show that masturbation is not a factor in producing this condition, as it was once thought to be, and to convince you, if you are one of those who have been losing sleep and undermining your health in the fear of insanity, that you can dismiss this worry, at least, from your mind. I want you to understand that the mental symptoms I have mentioned, brain fag, poor memory, inability to concentrate and all that sort of thing, are purely neurasthenic symptoms, and not evidences of approaching insanity. They simply mean a lack of energy, impoverished blood, a depleted condition of the system, and nothing more.

There is one somewhat misleading fact that has probably had much to do with the belief that masturbation leads to madness. This is the prevalence of the vice among the feeble-minded and the insane. They lack all sense of restraint, and many of them are inclined to indulge in the practice immoderately. We should recognize in such cases that the mental defect is the cause of the habit, instead of supposing that the habit is the cause of the mental defect. It was easy for the old writers to confuse cause and effect.

Another important point. If you are afraid you are going insane it is a sure sign that you are not. Among the certain tests of insanity is the absolute conviction of the patient that he is sane.

If one thinks that he is insane, or is afraid of insanity, he is probably neurasthenic, but it is a pretty safe conclusion that he is not even in danger of insanity. I especially want to make this point clear because worrying about these things is one of the greatest difficulties that the victim of this habit has to contend with. If you are one of this class, you may just as well stop worrying right now on these points.

Practically the same thing applies to locomotor ataxia and other extreme conditions. Locomotor ataxia, like paresis, is usually a result of syphilis. There are some good authorities who still hold that masturbation or sexual excess in exceptional and extreme cases may cause paralysis or locomotor ataxia, and it is possible that these conditions might result from the exhaustion of the nerve-centers of the spine. In many cases those who have abused themselves complain of aches and pains in the spine, which, perhaps indicate the partial breaking down of the nerve-centers, but paralysis and similar disorders, if possible at all, would result only from extreme and prolonged abuse of this kind.

Remember that the general bodily effect of masturbation is debility, which naturally affects all organs and functions. It is true that masturbation is actually the cause of death in many cases, but it is because the system has been undermined so that the sufferer becomes an easy victim of tuberculosis or any other disease which may come along. There is no doubt that this habit is the predisposing cause of death in thousands of cases in which the death certificate by the physician names some specific disease.

THE TREATMENT

The important question is, how may the habit be conquered? Following that comes the question, how may one overcome the weakness resulting from it. For we shall have to deal not only with the actual habit, but with the various disorders of the generative system which it leaves behind. To a large extent the same treatment that will be required to overcome the effects of the habit will also help one to fight against it and overcome it.

The remedial measures must be of a two-fold character, physical and mental. It would be hard to say which of these is the more important part of the treatment, for both are absolutely essential. One can do nothing without the proper mental attitude and the strengthening of the will that will make possible the rigid restraint it will be necessary to exercise. Habit is the strongest thing in the world, and when this practice has been continued for a long time it is just as well to make up your mind in the beginning that you have a hard fight on your hands, and possibly a long fight. It is a fight, however, in which others have won and in which you can win if you stick to it.

In the first place the building up of bodily vigor is imperative, not only for its own sake but also for the sake of the stronger mind that will result from it and which is necessary for the fight against this evil. Strength of will and mind, you will find, are difficult to develop in a poorly functioning body, with a deficient blood supply to the brain and a broken-down system of nerves. One should therefore do everything possible to cultivate bodily vigor and strength. The more nearly you can attain to a body perfectly developed in other respects, the more hope you may have of regaining your sexual strength. Take a pride in your body and its strength. Build yourself up as nearly as possible into the condition of an athlete, not only by special exercises such as I am describing in another chapter, but by various athletic activities in the open air that are suited to your strength and muscular powers.

Remember that the most effective way of building up any part of the body is to improve the quality of the blood and increase the circulation. It is for this reason that exercise and other measures that tend to build up the entire constitution are essential in overcoming the effects of self-abuse. However, I am going to take up this matter in detail in the later chapters on exercise and other factors in virility building.

The diet is important and should be non-stimulating in character. Meat and eggs should not be used too freely, and in some few difficult cases in which the assimilation is especially poor, it would be better to avoid them entirely. The red meats are especially stimulating and objectionable in some cases, although they may be helpful in a case of impotence. Fish and chicken are less pronounced in their effect, and may be used moderately. Not only alcoholic drinks, but even tea and coffee, should be avoided, and it is hardly necessary to say that pepper, hot sauces and condiments of all kinds are objectionable. This does not necessarily apply to salt. Uncooked foods, particularly fruits, green salads, nuts, buttermilk and other things that you can eat and enjoy raw should be used extensively in the diet.

It is also important to avoid any inclination toward constipation. There is no doubt that this is an important factor in many cases, accumulations in the colon naturally pressing upon the prostate and crowding the other structures in such a way as to produce excitement of the parts, or at least to increase it. Therefore the bowels should be kept open and regular. There should be no irritation of the parts through an over-distended colon.

So far as the mental treatment of masturbation is concerned, the first great requirement is to enter into the fight with the unfaltering determination that you are going to break the habit, and then stick to it until you have done so. The second essential is to stop worrying about it, and the third is to become so busy, filling your life with so many forms of mental activity, that the old habit will not have any chance to assert itself or to worry you. Your mind must be so occupied with other matters that there will be no opportunity for dwelling on licentious thoughts. The fourth requirement is to avoid being too much by yourself, and to cultivate the society of refined people just as much as you possibly can.

If the habit has taken a strong hold, you may be disappointed to find that in spite of your best resolutions you have been unable to escape from its bondage. This is a fairly common experience with those who have been addicted to this practice for a considerable time. They struggle with all their will power, restraining themselves for perhaps a considerable period, and then some day the force of the old habit may be too much for them and they "fall." At least, the result of the struggle has been to make indulgence less frequent, and that is a great deal. But one should not be content with that. One should never stop fighting until the weakness has been mastered, finally and for all. Do not be discouraged if you should have occasional failures, but each time start out again with even greater determination than before to conquer the habit and to build up the physical strength and mental stamina that will make it easier for you to succeed.

Remember that each time you resist the inclination you are helping to form the habit of resistance. Each time you gain in the power to resist, and even though you may backslide occasionally, yet by continually resisting the impulse and fighting the good fight, you will gradually gain the strength of will that will enable you to stop the practice entirely. There are some who are able to break off once and for all in the very beginning. Make up your mind that you are going to be one of that class. But if you fail, don't be discouraged; just fight all the harder.

Cultivate pride and self-respect. Hold up your head. Make others respect you. No matter what your work may be, even if it is only study of some kind, make up your mind that you will do the best that can be done. In that way you will gain the respect of others as well as of yourself. The psychological effect of your attitude toward others is a tremendous factor. Anything that will tend to add to your sense of pride will help you powerfully.

Personal cleanliness is a tremendous aid in this particular respect. Cultivate even a fastidious attitude toward the cleanliness of your person and your apparel. The feeling of immaculate cleanliness adds greatly to one's self-respect, and the effect upon the whole moral nature is such that one will less readily stoop to any depraved action. Try it out and you will see.

Many persons are so constituted that the manner in which they are dressed has a great deal to do with their mental attitude. As a rule the clothing need not be costly, but it should be kept clean and neat, free from spots of grease and not too much in need of pressing. Collars should be absolutely clean and fresh. It is true, however, that the better the clothes in respect to quality the better one feels in them. If you find that being well dressed as well as being clean is conducive to your sense of pride, then by all means cultivate the habit of dressing well. The psychology of clothes is always worth considering. Do everything possible—no matter what—to arouse your pride and self-respect. And especially, clothe your bones with a shapely and well-fitting muscular development. A good chest will do more than anything in the way of clothing to give you pride. If you cultivate a body that you can be proud of, you will be less inclined to abuse it.

Stop worrying and brooding over your trouble. Get your mind away from it. I have already explained that there is no danger of insanity, and that the mental symptoms are simply the result of the debility that naturally follows the loss of the chemically rich and highly vitalized fluids that should have been employed in building strength of brain and bone and muscle. You can absolutely depend upon it that as you tone up your vital organs and strengthen your body as a whole your mental powers will return to their full strength and you will gradually regain your sexual vigor.

So you can simply dismiss all these worries from your mind and devote yourself heart and soul to the work of getting back your manhood. Forget the past. Live for the present and the future. Make up your mind what you intend to do in a business or professional way, determine to be a success in your chosen work, and then strive for it, forgetting your weakness and the causes of it. Let your thoughts be positive and constructive, and they will crowd out the brooding, gloomy fancies. It is true that it is easier to say "Stop worrying," than to do it, but the way to do it is to fill your mind up with other things, so that the worry will simply drop out of sight and be forgotten. Let the dead past bury its dead. You are going to make a man of yourself in the best sense of the word, in every sense of the word, and let that determination satisfy you.

Mental activity is the greatest thing in the world by which to combat either this habit or any other. You cannot have too many interests to take up your time and attention. The one thing that will make success impossible is *loafing*. Idleness is the great insurmountable obstacle. If you have nothing to do, find something. Inactivity will give your mind a chance either to dwell upon erotic thoughts or to worry about your condition, and both of these should be rigidly avoided. Don't be lazy. Do something! Do many things! In the very first place, get out of bed with a jump the instant you wake up. Make it a habit. Don't lie in bed for a while, even if it does feel soft and warm. If you are on the go from the time you wake up, you will be tired enough to sleep when you go to bed, so that you will have little time to lie awake.

To keep your mind occupied, cultivate all kinds of hobbies and sources of interest. It does not matter what these are, so long as they take up your whole attention. This keeping busy will do more than anything else to enable you to conquer the habit. Be as much of a faddist as you like. Take up singing. It will do you good. It has an inspirational quality as well as being physically beneficial. Or take up any other kind of music. Play in the band, if you like. That would give you the company of others, so much to be desired. If you are interested in art, study that. If you like writing, or amateur acting, try your hand at one or the other of them. Anything to keep your mind filled with healthy, constructive thoughts. If chemistry appeals to you, follow it up. Perhaps you are good at mechanics, in which case cultivate your mechanical sense and skill. Motor-boating or any other form of motoring can be commended. Photography, wireless telegraphy or the making of model aeroplanes might interest you. Every one can find things that appeal to him.

Above all, don't forget the great outdoor pastimes. You may not have the muscular strength in the beginning to take up cross-country running, or real athletic pursuits, but at least you can start in with walking and possibly a little short run each day, until you build up the strength to engage in the more vigorous pastimes. According as they are suited to your strength, swimming, skating, hockey, handball, rowing, tennis, baseball, golf, riding, gardening, mountain climbing, tree climbing, cross-country walks—anything that keeps you away from idleness and at the same time builds up your body—will be useful.

It is of course imperative that you should avoid allowing your mind to dwell upon lustful fancies. Keep the thought of sex out of your head. Remember what I have said about "mental masturbation," which is almost as bad as the actual practice, and which is usually the first step toward self-abuse. Whenever you find your mind occupied with thoughts of this kind, immediately get up and do something active. It doesn't matter what it is. Run around the block. Stand on your head. Fix the back fence, or the front window, or attack any other little job that needs doing. Take a cold bath, shake the rugs, play the piano, or do anything else that comes to your mind. The more active and mentally stimulating it is, the better. Plan for some activity that you can always turn to immediately when any thought of sex enters your mind. The only way you can keep these thoughts out is by getting other things into your head to crowd them out. If you will follow my suggestion about having no idle time on your hands, you will have no trouble.

Perhaps the one best thing you can do when the old habit tempts you is to place yourself at once in the company of other people, when that is possible. Don't spend too much time by yourself.

The psychological effect of masturbation in causing a lack of self-confidence, timidity in meeting people, and a tendency to avoid them, especially members of the opposite sex, is a very curious one. It demonstrates that this practice is not only an offense against the physical integrity of the body, but that it is a spiritual and moral offense as well. After all, not much is known about psychology. The mysteries of the human mind are still unexplained, for the most part. However, it is at least clear in a case of this kind that the very heart and soul of the young man have been shocked and outraged by this unnatural act, and this shock apparently makes a profound impression upon the subconscious mind. The term, "soul-wound," as used by some of the psychologists, might express it. The impression must be very severe to bring about such strange deviations from the normal social attitude as is seen in this shrinking from other people and the inability to look them in the eye. It is perhaps a manifestation of a subconscious conscience. Apparently, down in the subconscious mind the masturbator carries a deep sense of his wrong-doing, and this works out in his guilt-like avoidance of the gaze and society of his fellows, and especially of those of the opposite sex.

Whatever the explanation, the practical thing to do in breaking away from this habit is to cultivate the company of others instead of avoiding it. The greatest of all mistakes is to be too much alone. If you could even manage to spend every minute of your waking time in the society of others it would keep you out of trouble and would make it easy to break the habit absolutely. In any case, be with others as much as possible, though of course they should not be people of vulgar tastes or with a vicious point of view. Bad associates would naturally be worse than none. However, fight against the tendency toward timidity or lack of confidence, and you will soon find that you are not so easily embarrassed. As you leave the habit further behind you you will find yourself more and more free from this curious mental condition.

Most of all I would strongly urge you to seek the company of refined members of the opposite sex. This is almost the best advice that I can offer. In an early chapter of this book I have already expressed the view that masturbation is to some extent the result of too much separation of the sexes. I am inclined to think that if there were more constant association between boys and girls there would be much less inclination to commit any such unnatural crime against the body. The mutual enjoyment of social intercourse between the two sexes is natural, and conduces to the physical, moral and spiritual welfare of both. Of course in the company of the opposite sex there should be no holding of hands or personal intimacies. It is often a good plan to join some congenial social group, such as is found in churches, the Y. M. C. A. and other social or religious organizations.

It will of course be necessary for each one to study his own problem. In the light of what I have said any one should be able to plan some system of safeguarding himself against yielding to the force of habit. If there is any special excitement of the generative system, a cold spinal pack applied for twenty minutes or longer, will have a satisfactory depressing effect. Fold a towel lengthwise, wring out of cold water and place upon the spine. This will not have the injurious reaction of the bromide or other drug treatment for allaying sexual excitement.

In occasional instances, it might possibly be a good plan to change one's location, to occupy a different room, or even to go away into an entirely new environment. In this way one would be better able to get away from the force of suggestion that might cling to old surroundings. I do not say this is necessary, but it would often help.

Good books, poetry, history, oratory, music and all inspiring forms of art are among the refining influences that are valuable to raise the level of one's thoughts to a higher plane. Beautiful pictures are helpful.

To what extent can one overcome the effects of self-abuse? It would be impossible to give an answer to this question that would fit all cases. It depends partly upon the natural strength possessed by each individual, partly upon the extent to which he has indulged in the practice and partly upon how long and faithfully he works to improve himself. In what I may call the average case the prospects of satisfactory results are always good. Cases even much worse than the average are always hopeful. Even where there is impotence it is often possible to recover a fair degree of virility.

I do not mean to say that a man can always regain quite the same degree of sexual strength that he would have possessed if he had never abused himself excessively, but as a rule what I would term a satisfactory degree of manhood can be regained. If one has not gone too far, such a degree of vigor may be recovered that no permanent injury will be noticeable. In any case, the results are more than worth striving for.

I will say frankly that one cannot expect to bring about revolutionary changes in a week or a month. It would take a considerable time. If the habit has extended over a period of years it may take two or three years of persistent physical culture, clean living and clean thinking to realize a satisfactory change for the better. Remember that I cannot promise such quick or such complete results in extreme cases as in the average. Yet a few months will accomplish wonders for some persons. Perhaps I might say that as a general rule the length of time for getting satisfactory results depends partly upon the number of years during which the victim has been under the influence of the habit, with the reservation that the condition is much more serious when the practice has been commenced at or near puberty than when it has been begun in maturity or near maturity.

In a few instances in which complete impotence has existed for a number of years, following prolonged and violent indulgence in this vice, it is not possible to promise marked results. In many such cases improvement is possible. In some it is not. When persistent efforts do not produce results in these exceptional cases I feel that it is usually because the nerve-centers involved have been exhausted, literally used up or "burned out." But the cases in which no sexual improvement is possible are rare indeed and even in these the general health and vigor may be improved, with probably better functioning of the reproductive glands, to the extent that they may react upon the general health, though "potency" is not recovered.

There is another important question that I have been asked so many times in letters written to me for advice that I am sure it will be of interest to thousands of others as well. It is whether or not it is possible for the victim of masturbation to have normal and healthy children, after attaining good health. In reply to this I would say that it is entirely a question of your present vitality. If you have built up robust physical health, if you are happily married and seem to have fully recovered from the weakening effects of past follies, then you can rest assured that you will have normal and healthy children. It is not so much a question of your past as of your present condition. It is true that your past has had much to do with determining what your present condition is, but if you are sound and vigorous to-day, that is the important point. It is true that masturbation may be the cause of temporary sterility, the general debility reducing the vitality of the spermatozoa, but this condition may be overcome by increasing the constitutional strength.

In many letters I have been asked if the past practice of this habit, long since discontinued, would leave any mental effect or hereditary stamp upon the offspring. There is no fear of this. The germ-plasm has been pretty well protected by kind and far-seeing Mother Nature against influences of this kind. The chief thing to consider, so far as healthy children are concerned, is the question of physical vitality, perfect nutrition and freedom from alcohol or other poisons. If both parents are properly nourished, if they have plenty of vitality, and are free from the effects of stimulants and poisons, they can be sure of normal, vigorous children.

Another question of vital interest has to do with the advisability of marriage following masturbation. This again depends upon individual circumstances and the present physical and sexual condition, rather than upon the question of past errors. Considering that without doubt the vast majority of men have masturbated at one time or another, it will be evident that the greater number of those who are now married must have done so. I do not mean that all married men are satisfactory husbands, but I do mean to say that the man who has masturbated and has not only discontinued the practice but recovered a fair degree of health is as fit for marriage as the majority of his sex. To him marriage is not only possible but advantageous.

Marriage should not be undertaken, however, in the rash manner commonly advised by the "family physician." One should first undertake a serious and persistent course of physical upbuilding to ensure a fit condition for marriage. In case of partial impotence or marked debility, two or three years of virility-building methods are advisable. Marriage has been much advised as a cure for masturbation. In some instances it is true that it may prove to be a complete solution of the problem, if the abuse has not been carried too far, and has been practiced in adult life chiefly because of an unmated existence. But when one is a slave to the habit, and has been decidedly weakened by it, marriage is the most dangerous of all remedies. Unless properly regulated it may weaken the sufferer still further, causing absolute impotence. Again, in many cases, the force of the habit is so strong that it is continued even after marriage, which certainly is not to be recommended. One should conquer the habit first. If the masturbator is able to demonstrate that he can refrain from his injurious practices for a period of several months at a time, that he is master of himself, and that he is a man in the true sense, then marriage might be permitted. With these pointers for guidance, any man should be able to solve the problem in his own case.

CHAPTER XXIV

Seminal Losses

SEMINAL losses are so common among young men as to be almost universal, and even when not definitely weakening often cause much mental distress and worry.

Though these losses most frequently take the form of nocturnal emissions during sleep, they may also occur as daytime emissions—often in connection with straining at stool—or, occasionally, as discharges backward into the bladder, or as the gradual leakage to which has been given the name of spermatorrhea. These involuntary losses of the seminal fluid are extremely debilitating in certain cases; in others they may be more alarming than injurious, and detrimental chiefly through their mental effect upon the victim.

The subject of night losses is especially important because they are so common. Furthermore, so many terrifying things have been said about this disorder in "quack" literature that the young man should be clearly informed as to its true significance and effect in order to avoid needless worry, and also to save himself from spending every spare dollar for treatment at the hands of these quack doctors.

If you avoid the quack and go to a reputable physician, you will probably be told that nocturnal emissions are entirely normal if not occurring at too frequent intervals. And it is undoubtedly true that if you are vigorous and these emissions take place only at intervals of ten days or more, they will not be likely to have any injurious effect. You can feel quite certain of this, especially if you experience no immediately weakening effects. A great many young men complain that the day following one of these night losses they suffer from great lassitude and depression. This is the usual result in a serious case, and yet I am satisfied that in many instances such symptoms are of purely mental origin, the result of the fear and horror with which the victim himself regards the complaint. We must remember that what may prove harmful to one constitution may not have any apparent effect on another. To one who is vigorous and active these losses may not be materially weakening, even if they occur at intervals of one week or more frequently. Of course these cases are exceptional, for such frequency is usually harmful. I mention them only to show that there is no iron-clad rule in the matter.

The primary cause of too many seminal losses is to be found chiefly in the stimulating influences of our artificial civilized life, but the direct cause in nine cases out of ten is undoubtedly masturbation. Through this habit there has been established a continuous active secretion of the seminal fluid, and after the practice has been stopped the excessive and rapidly accumulating secretion naturally finds an outlet through these emissions, occurring at intervals the frequency of which depends largely upon the extent to which self-abuse has been carried on and the parts concerned weakened. It frequently happens, also, that when one has been married and accustomed to regular sexual intercourse, involuntary emissions occur when this relationship is suddenly discontinued.

Physicians sometimes go so far as to say that night losses are the normal experience of all healthy and vigorous young men. It is certainly true that the most robust athletes may experience them. But I believe there is usually some special cause for them. It may be that nocturnal emissions would occur sometimes in the case of a full-blooded and healthy young man who had never indulged in either sexual intercourse or masturbation, simply through the natural active secretion of the sexual glands, and perhaps partly as a result of more or less amorous excitement, as there is no question that various mental influences, such as lascivious thoughts, erotic stories, suggestive theatrical performances, vulgar jokes and other stimulating factors have a great deal to do with the question in all cases. I am inclined to think, however, that these losses would occur very rarely if there were not some predisposing cause such as masturbation or habitual sexual indulgence.

For this reason I would hardly be ready to say that night losses are ever really normal, in a strict sense. I feel that the generative glands would never form such an excess of their secretions as to make this means of relief necessary, if they were not over-stimulated or overworked. I believe that such emissions are always more or less abnormal, although from a practical standpoint they may not be actually injurious if not occurring too often.

It is claimed that they may be natural or "physiological" in healthy young men, and that they are "pathological" or indicative of some disorder or weakness only under certain circumstances; and while I would never call them "physiological" in the strict sense, yet for practical purposes we may regard them as such in those cases where they apparently do no real harm, assuming that they merely serve as an outlet for the accumulated secretions. But how may the young man distinguish? How may he know when the condition is, or is not, serious?

The frequency of the losses is one indication, though not always sufficient in itself. As a rule, nocturnal emissions two or three times a month are nothing to worry about. Usually they will not be found to have any weakening result the following day, and there will be no later loss of health or energy. In the case of a few vigorous, full-blooded young men they may occur even more often without serious results, though once a week, except for those possessed of unusual vigor, is really too often. Any greater frequency calls for attention, with the application of treatment such as I will outline. Losses which leave the victim depressed, nervous and out of sorts the next day, or a few days after, even though they occur only once or twice a month, should also receive immediate attention. I need hardly say that they are "pathological" in such cases. There are instances in which they take place as often as once daily, or even more frequently, but such extremes are rare.

When the immediate result of seminal losses is physical and mental depletion—lassitude, sluggishness of all the vital processes, and difficulty in study or concentrated thinking—their character is plainly indicated as pathological. When no immediate ill effects are noticeable, however, they may be making an excessive drain upon the system, and quietly undermining the constitution. Therefore the absence of evidence that harm has been done is not always a sure sign that all is well.

The character of the symptoms accompanying the emissions provides a more reliable means of determining whether or not they are physiological or pathological.

As a rule, with a healthy young man, night losses are accompanied by amorous dreams, together with the physical sensations characteristic of an orgasm, with the result that he wakes up.

If, however, a young man has these losses repeatedly, such a weakening of the sexual function may result that he will eventually have them without any dreams, or voluptuous sensations and without waking up. In such a case they are unmistakably pathological, and may be followed by daytime losses occurring on the occasion of the least sexual excitement, or even without any provoking cause whatever, and without any consciousness of them. In some cases any mental excitement or unusual mental effort is sufficient to induce them. You may understand that when they occur in the daytime it is usually because the sexual organs have become very seriously weakened. Under such circumstances there is little or no sensation. One may be so weakened in this respect that the touch of a woman's clothing, or even conversation with her, will cause an emission.

Now, it may be said that the night losses accompanied by voluptuous dreams and sensations, followed by waking, represent the normal or physiological type of involuntary emissions. If not too frequent there is little or nothing to feel concerned about. When there is no dream or sensation, and one does not wake up, it is clear that there is already a decided weakness of the sexual system. When the losses occur in the daytime they indicate an even more serious weakness of the organs, and the nerve-centers controlling them.

There are cases of seminal losses in which the emissions take place backward into the bladder, and do not appear externally. This of course means a marked condition of weakness of the parts and a feeble ejaculation. The structures concerned lack tone. A strong ejaculation would expel the fluid in the normal way. In cases of this kind, the water passed first thing in the morning is clouded, examination showing that the condition is due to semen. One wakes tired and depressed, with all the ordinary symptoms that go with debilitating losses, and yet without apparent cause. I should also say, however, that mere cloudiness of the urine does not necessarily indicate this trouble, for that may be due to catarrh of the bladder or some other condition. It is only by laboratory examination that the cause of such cloudiness can be definitely determined. The treatment should be the same as for seminal losses under other conditions.

Spermatorrhea is the most serious and weakening of all seminal losses, but is only experienced as a rule in the later or final stages of a case that has been going from bad to worse. It is sometimes a feature of organic spinal-cord or brain disease, being really a symptom in such an instance.

Trouble begins, usually, with the ordinary night losses, amorous dreams and waking up. If these are too frequent, or depressing in effect, there will follow a continuous weakening of the sexual parts until the sufferer does not wake up in case of night losses, and in time comes to have day losses without sensation and without an erection. As he becomes still weaker he may develop spermatorrhea, which is a sort of "leaky" condition in which the seminal fluid oozes out, without any exciting cause, at any and all times. This disorder has often been compared to the condition of a leaky faucet, and when it has been established the debility of the patient becomes extreme, for it involves a terrible drain upon the vital resources of the body.

However, it is very important to distinguish between real spermatorrhea and prostatorrhea, which is simply a loss of the secretion from the prostate gland. The fact is that true spermatorrhea is very unusual and prostatorrhea is fairly common; and while the loss of the seminal fluid is extremely devitalizing, the loss of prostatic fluid is far less serious. Of course the quacks in their literature have not failed to do everything they could to scare the young man, and so all symptoms involving a loss of mucus, prostate fluid or anything else, are declared to indicate spermatorrhea. Hence if the complaint does not nearly kill the young man, the worry does. I will discuss prostatorrhea in the chapter on the prostate gland. It often goes along with seminal losses. The only way in which one can absolutely distinguish between prostatorrhea and spermatorrhea is by means of a laboratory examination. It may be worth while to spend the money necessary for such an examination if you are worried, in order to set your mind at rest and be convinced that there are no spermatozoa in the discharge. Real spermatorrhea is so unusual, however, that in most cases you can practically take it for granted that the discharge is prostatic. Only in extreme debility, with all the symptoms of neurasthenia, is it necessary to consider the question of spermatorrhea.

A very common complaint in connection with sexual weaknesses is that of supposed seminal losses occurring while straining at stool. The medical quacks have had a great deal to say about this, in order to frighten young men. Again, the mucus appearing at this time is usually prostatic fluid, though there are some true cases of *defecation spermatorrhea.* The fact is that these apparent seminal losses at stool, while not natural by any means, are not at all so serious as has been represented. They are far from being so alarming as true spermatorrhea, or ordinary involuntary losses of semen by day. The mucus secretions of other small glands may also be involved in these discharges while at stool, and if one suffers from seminal losses to any great extent there may be a mixture of semen in these discharges. But if one does not have other seminal losses with little or no provocation or sensation, then it is unlikely that the losses while at stool are anything but prostatic fluid. Accordingly, this symptom should not frighten you to death, although it is to be taken as an indication that the prostate gland is probably more or less enlarged and sensitive. (See the chapter on the prostate gland and its disorders.) I may say that freedom from constipation will do a great deal in cases of this kind, even if you find it necessary to use an occasional enema to prevent the colon from being distended and thus pressing too much upon the prostate and seminal vesicles. Always avoid straining at stool. Try to depend upon the natural action alone. If you use enough water and fruit you can probably do this. It will also help to prevent these losses if you will press upon the posterior urethra just under or back of the scrotum, in the perineal region, when at stool.

Mucus discharges following urination are likewise symptoms of prostatorrhea in most cases, although in exceptional cases there may be true micturition spermatorrhea, indicating weakness and laxity of the seminal vesicles and ejaculatory ducts. In such cases vigorous treatment is necessary.

Spermatorrhea does not often occur except after the most excessive masturbation, as for instance when it has been practiced daily or even more than daily, for some time. In the face of abuses of this kind one cannot be surprised at the breaking down of the organs concerned. In some cases spermatorrhea may set in while the victim still continues the habit.

The results of excessive seminal losses upon the constitution are very much the same as those of masturbation, inasmuch as there is the same drain of the chemically rich and highly vitalized semen. So that even after one has stopped the secret habit one may continue to experience the same weakening symptoms as a result of too frequent night losses, unless the general health is rapidly built up. Even then one will not be able to avoid some of the consequences for a time; the night losses cannot be stopped all at once.

Naturally, the system can ill afford the frequent loss of the highly phosphorized seminal fluid, and the effect upon the brain is especially pronounced, as in the case of masturbation. The typical loss of memory, lack of mental energy, lack of ambition and difficulty in concentration of thought in work or study for any length of time are all pronounced in any serious case of seminal losses. You may know, therefore, that just as soon as you have improved in your ability to think, remember and do other mental work, you have made a very great improvement in your condition, even though the seminal losses have not stopped entirely. You cannot expect to stop them at once. But if you decrease their frequency, or if you find that they have a less weakening effect upon you when they do occur, that means a very pronounced improvement and you should be tremendously encouraged.

In respect to the physical symptoms, in a serious case the sufferer from seminal losses experiences great muscular and nervous debility. He lacks strength and endurance. He gets out of breath quickly upon any exertion, and may even experience some palpitation of the heart (nervous). He has a tired feeling, his legs feel heavy, his circulation is feeble and he is likely to have considerable trouble with stomach and bowels. He may have a marked lack of appetite, or on the other hand may eat like a wolf, apparently unable to get enough. His tongue is usually coated, he is likely to be constipated, or may be subject to diarrhea, nausea, vomiting and other digestive disturbances. He may have headaches, pains in the back of the head, a weak back and more or less discomfort in the perineum. The generative organs are sometimes atrophied and cold, and the testicles small and tender, or perhaps painful at times. Usually there is a loss of sexual desire, and sometimes actual dislike for the opposite sex. In some instances, owing to a state of irritability of the parts, sexual desire is increased, even though the sexual power has been lost or greatly lessened. This loss or impairment of function is invariable, involving "prematurity" in practically all cases where there is not complete impotence.

Of course, these marked symptoms are usually found only in those suffering from spermatorrhea or from other excessive losses. Even the more normal nocturnal emissions, or erotic "wet dreams," however, have a similar weakening effect if they occur too often, though to a less marked extent.

Thousands of young men complain of noticing a discharge of a drop or two of mucus when in the company of a member of the opposite sex to whom they are strongly attracted. Many of them naturally suppose that it is a serious symptom of weakness, or perhaps of spermatorrhea. There is no special cause for alarm in this, following an erection, since it is only a slight glandular discharge of mucus and usually bears no relation to one's general sexual condition. In some cases when there is a more copious discharge, it may be prostatic or seminal fluid.

I may say such symptoms rarely appear except in unmarried men. They are merely the result of the excitement of the parts. It is hardly necessary to add that unmarried men should avoid excitement of this sort, for it is unhealthful and unwholesome from every standpoint. Do not be alarmed by such departures from normal conditions, but do not place yourself in a position in which they are likely to occur, for if often repeated they will be seriously harmful.

The only physiological course for the unmarried man to pursue is to avoid all sexually stimulating influences. Since he cannot gratify his passion he should do nothing to arouse it, since by so doing he places an unnecessary strain upon the organs involved. Let the sex instinct sleep until you are ready to undertake marriage. There is only one safe road for the unmarried man, and that is to avoid all influences which will excite the generative organs.

THE TREATMENT

What is one to do for night losses? It is necessary to tone up the sexual system, strengthening the nerves, muscles and all tissues concerned. In order to do this the first requirement is to improve the circulation and build general bodily vigor according to the methods set forth in the chapter on virility building.

You will be greatly handicapped in your efforts, however, if you do not observe certain mental requirements in the way of keeping the mind free from lascivious thoughts and sexually stimulating influences. Do this, as I have already suggested, by so filling the mind with wholesome activities and interests that there will be no room or time for sensuality. Remember that it was the mental attitude that was first chiefly responsible for the trouble. So long as you harbor erotic thoughts they will cause congestion of the generative organs and the filling up of the seminal vesicles with an excessive secretion. It is true that it is partly the effect upon the brain of the accumulation of semen in these reservoirs that causes the mind to turn to these thoughts, but at the same time by striving to keep the imagination at rest and the mind clean and occupied with other things, you will be able to avoid this condition. It is largely a matter of mental habit. Avoid suggestive literature. Don't read novels that dwell upon passionate love-making. Avoid the burlesque theatres. Avoid caressing members of the opposite sex and all other exciting influences or conditions.

So far as possible, live a non-stimulating life in other ways. Too much excitement of any kind is undesirable until your condition has been improved. A quiet farm life would be good except when it is found so monotonous and lacking in interest as to cause the mind to turn to sexual matters. A country life is for this reason the very worst for certain people, though in most cases it is the best.

A non-stimulating diet is especially important so long as there exists the sensitive and irritable condition which causes seminal losses to occur on the slightest provocation. Therefore meat should be used very sparingly. Eggs, if used at all had better be limited to one each day. Stimulating drinks and condiments should be shunned. Overeating should be particularly avoided. One should not eat anything on going to bed and it is better not to eat a very heavy meal in the evening. The heartiest meal should be eaten in the middle of the day.

It is perhaps still more important to avoid drinking water before going to bed or during the evening, and even to avoid the free use of liquids at supper. The reason for this is that a full bladder during the night often helps to cause an emission through pressure upon the prostate gland and seminal vesicles, producing irritation and excitement of these parts. The bladder should be emptied before going to bed, and if you can form the habit of waking up at about two o'clock in the morning, to empty the bladder again, it would do a great deal to prevent seminal emissions from taking place. I cannot overemphasize this point.

Constipation must also be guarded against.

It greatly aggravates the trouble, and is often a contributing cause, inasmuch as a full colon crowds all the surrounding parts and a distended rectum presses directly against the prostate gland and seminal vesicles. It will be greatly in your favor if the bowels can be evacuated before going to bed. You will probably find that you can make this a habit, if you try. (See my discussion of constipation in another chapter.)

Avoid sleeping on the back. If you find that you are inclined to turn over on your back in your sleep, it would be well to improvise a belt consisting of a towel or some other piece of fabric of suitable size and shape, with a large knot in the middle of the back, or some hard object similarly placed, so that if you turn over on your back it will disturb you and force you to change your position. A position illustrated in my book *Vitality Supreme,* half side and half face downward is especially valuable in this trouble.

Open-air life and plenty of exercise to strengthen the sexual system are especially advised. The movements in the chapter on exercises for virility building are all satisfactory for the purpose. Many persons find it convenient to take their exercise in the evening, but exercise before going to bed sometimes seems to aggravate the trouble through the over-stimulation of the parts. In such cases the exercise should be taken only in the morning, while the evening is passed quietly, except for walking. In all cases, however, exercises of a truly strengthening nature at some time of the day are essential.

All forms of cold bathing, in conjunction with exercise, will be advantageous. Swimming, for instance, is highly to be recommended. But the cold sitz-bath has a special and extraordinary value in most cases of this kind, serving not only as a general tonic, but having a particularly invigorating effect sexually. It tones up the organs concerned, and if taken regularly every morning after one's exercise, will assist greatly in overcoming weaknesses of this kind. The colder the water the better. Special tubs are made for sitz-bathing purposes, but you can use an ordinary bath-tub or wash-tub, filling it with eight or ten inches of water, and then immersing only the hips and pelvic regions by sitting down in it. You should be fairly warm before taking the bath, and in winter it may be better to take it in a warm room so that you will recuperate promptly. If your ability to stand the cold water and recuperate is weak, it would help to place the feet in hot water before or during the sitz-bath. You could stay in the bath from one to five minutes. Colder water for a shorter time would be more effective than water of a moderate temperature for a longer time, if you can stand it.

But even the sitz-bath must be used with some discretion. I have known cases in which the cold sitz-bath increased the frequency of the losses. The reason for this is probably that the invigorating effect of the baths has in such cases produced an even more active secretion than usual, while the muscles and the controlling nerves are still too weak to control it. Probably the continued use of the cold water would in time tone up all these parts inducing, eventually, a decrease in the losses, but it is usually best, in such cases, to use the hot sitz-bath instead, for the sake of relieving any irritation and quieting the nerves. We must not forget that in many cases excessive night losses are associated with an extremely sensitive condition of the prostate gland and the posterior urethra, which condition should naturally be corrected as speedily as possible. The hot sitz-bath is one of the most satisfactory and effective of treatments for this purpose. Water at 115° to 118° Fahrenheit, or as hot as you can stand it, may be used, the bath being continued from three to five minutes, with a subsequent quick sponging or bathing of the genitals with cold water to prevent excessive relaxation of the blood vessels. When there is any irritability of the bladder this hot sitz-bath will likewise be helpful. When it appears that the prostate gland is exceedingly irritable and sensitive, and perhaps largely to blame for the night losses, one should for a time concentrate on the treatment for prostatic troubles given in the chapter on that subject, using especially the hot rectal irrigation mentioned in that connection.

One should not, however, depend upon baths and local treatment of that character. Everything possible should be done to build vitality and improve the circulation. Mountain climbing, outdoor pastimes, cross-country walks, and outdoor sleeping are especially valuable. Air baths are of great benefit in toning up the nerves. There should be no excess of clothing or overheating of the body. Especially the lower part of the trunk should not be too warmly or too tightly covered. With shirts overlapped about the abdomen and hips by the drawers and trousers the parts under consideration are too much covered, and it is to be regretted. If the generative organs could be kept cool and more or less exposed to the air, as in the Scotchman's "kilt," it would be of great advantage. It would also be well to provide for an air bath for this part of the body during sleep, by raising the coverings by means of a safety-pin fastened into them at the middle, and held up by a cord passing from the top of the foot of the bed to the top of the head. I have described and illustrated this plan in detail in my book, *Vitality Supreme.*

How long will it take to overcome night losses? It is simply a question of toning up the organs involved, with their muscles and the controlling nerve-centers. Wonderful results may be secured in a few weeks in many cases, if the suggestions for treatment are followed faithfully. In other cases it may take months. When the condition is very deep-seated it may possibly take two or three years to overcome it entirely, though you should greatly improve long before the expiration of this time. Make up your mind to be well satisfied if you find that the losses soon decrease to the extent that they no longer weaken you. Of course you should not stop at that. Keep right on striving for a perfect condition, building up nerve strength and bodily vigor until in the course of time you are entirely free from the complaint.

Don't attempt to marry while in this weakened condition, though I may say that if you marry after you have largely overcome your weakness, you will probably find yourself free from further annoyance of this sort. I do not mean that marriage always prevents seminal losses. A married man may so weaken his system as to suffer from them in spite of his marriage. But as a rule you will find that they will not occur after marriage if you have built up a certain degree of constitutional vigor and sexual strength before taking this step.

The treatment of spermatorrhea and day losses is identical with that for night losses, but one should be even more strict in the observance of the requirements of the treatment. In these cases it will be more than ever necessary to investigate the condition of the prostate gland, and suit the treatment to its requirements.

I might add that the bromide treatment is commonly prescribed by physicians for night losses, irrespective of individual requirements. The bromides often do take effect by so paralyzing the entire sex function that if their use is continued long enough complete impotence is likely to result. Sometimes after taking such treatment for a time the patient experiences a diminution of the losses, only to find them twice as bad as ever on stopping it, showing that it has weakened him. It is doubtful if bromides are ever safe or advisable, for when they produce results they probably do more harm than the disorder that they are intended to cure.

CHAPTER XXV

The Plain Facts About Varicocele

VARICOCELE means, simply speaking, varicose veins in the scrotum. In mild cases there is no special inconvenience, nor are any of the results likely to be of much consequence; but when the disorder is pronounced it may cause extreme sensitiveness and pain, and in an aggravated case there may be such an interference with the circulation in the testicles and adjacent parts as to cause the shrinking or atrophy of these glands. Like every other part of the body they depend upon a good blood supply. Of course, atrophy of the testicles may be largely the result of the same abuses that have produced the varicocele, but there is no question that impaired circulation would tend to produce this result. However, when the circulation has not been materially interfered with, the testicles and the degree of virility may be little affected by the varicocele. One should not allow himself to be alarmed by the quack literature about this complaint, in case minor symptoms of the trouble are experienced. As a rule it is very easily cured by simple, natural methods.

Varicocele is always very readily induced when there is much sexual excitement, with the resulting congestion of the generative organs. It is more likely to develop in those who are not athletic in their habits, for the circulation of such persons is generally not strong. Especially are those subject to it who have a tendency toward weakness of the veins or their valves, as when varicose veins are hereditary, but of course such an inheritance is rare.

Naturally, any relaxed or weakened condition of the tissues would favor the development of this disorder. Long standing aggravates it, but should not be regarded as a cause, for standing will not affect one who is vigorous.

Masturbation is, of course, a common cause of varicocele, but mental incontinence is just as likely to produce it. Ungratified sex excitement, frequently repeated, is almost certain to cause it to a greater or less degree. But if one is much debilitated, with tissues lacking in tone and circulation weak, one may possibly develop varicocele without any specific abuse. Tight clothing may have something to do with it. Constipation is a cause in many instances. The wearing of a truss, the presence of a tumor, or any other obstruction to the circulation, might cause it. Gonorrhea is sometimes an active cause because of the inflammation of the veins produced when this disease has penetrated to the remoter parts of the generative system. Injuries involving the veins concerned are the cause of some of the most serious cases of varicocele.

Varicocele is really a complaint affecting the spermatic cord and not the testicle, though the latter may suffer from it through impaired circulation. The spermatic cord is a sheathlike structure which supports the testicle, the latter being suspended from it in the scrotum. The spermatic cord contains the *vas deferens,* or duct by which the seminal fluid is carried from the testicle to the seminal vesicle or reservoir just under the bladder. It also shelters the spermatic artery, which supplies the testicle with blood and the veins for its return. The veins in this part take something of the form of a network, so that when congested and enlarged, as in varicocele, they will feel something like a "bunch of worms," to which they have often been likened. Each testicle has its own spermatic cord, duct and blood supply, and either side may be affected without the other.

It should be understood that in some cases these veins are rather full and tortuous when in a healthy condition, so that the fact that one may be able to feel them plainly does not always indicate varicocele. Don't be too easily frightened. Varicocele, in its troublesome or harmful stage, invariably takes the form of a tumor or lump that can be seen, but which on palpation is found to be a group of enlarged veins. Hydrocele and hernia may also cause the appearance of a tumor in the scrotum. Varicocele is most frequently found in young men, because it is among them that the extreme abuses that cause it are most prevalent. There are cases, however, in which it is brought on by the debility of advancing years, with their consequent enfeeblement of circulation and weakening of tissues.

As a rule the scrotum hangs very low in cases of varicocele, and there is likely to be a sensation of weight and dragging down. The parts may be extremely tender, with an aching sensation, and sometimes there is excruciating pain. In other cases, again, there may be no signs of trouble aside from the enlargement of the veins. Suitable treatment should be adopted in all cases, however, to restore the best possible circulation in the testicle.

The greater length of the spermatic cord on the left side is partly responsible for the fact that varicocele is usually found on the left side, or is almost invariably worse on that side, because there is naturally a larger network of veins in the longer cord. The circulation too, is more apt to be impaired on the left side because the left spermatic vein opens at right angles into the renal vein, a formation unfavorable to the return of the blood when the circulation is weak. Furthermore, this left spermatic vein runs across in front of the *sigmoid flexure,* which is a fold of the lower part of the colon, and when there is constipation the pressure upon it interferes with the return of the blood and tends to cause varicocele. It is accordingly one's first duty to overcome constipation, if present. Strains in heavy lifting, especially when constipation is already present to impede the movement of blood in this vein, may also have much to do with producing varicocele.

When there is extreme degeneration of the walls of the veins, and especially of the valves, it may take a little time to get completely satisfactory results. The ordinary case responds quickly to treatment, but one cannot expect that in all cases the veins will immediately be reduced to their former size. If the walls of the veins have become greatly thickened, as often happens, it may be a long time before they decrease materially in size, but at least the walls will be strengthened and the veins will do their work of conveying the blood satisfactorily which is all that is necessary. If a painful and tender condition of the veins can be overcome by a few days or weeks of treatment, the sufferer should be well satisfied, even if they remain abnormal as to size for a considerable time after.

Surgery is a popular form of treatment for this trouble, but it is rarely necessary. The usual surgical treatment consists in tying a ligature around the offending vein in such a way as to "put it out of business," entirely shutting off the flow of blood from it. The result is that the venous blood has to find or make another channel for itself, which is often accomplished by the enlargement of small blood vessels or capillaries, while the former vein atrophies. It is undoubtedly better to continue to use the old veins if it is possible to improve them by treatment. It is true, however, that in exceptional instances in which the valves of the veins seem to have degenerated and the veins generally are much enlarged, and very tender and painful, surgery may be required. But don't take the quack's word for it. Go to a reputable member of the profession. And first of all give the physical-culture treatment a good trial.

THE TREATMENT

The mental requirements of the treatment are important, as in other sexual disorders. There should be no harboring of lascivious fancies or exposure to other influences likely to cause sexual excitement and consequent congestion of the affected parts. There should be no fondling of the opposite sex, such as will arouse passion which cannot be gratified. No treatment will bring results if these precautions are neglected. Masturbation, if practiced, must be stopped.

The most important local treatment consists of the application of cold water, and the most important general treatment is bodily exercise.

Exercise has the two-fold effect of strengthening all tissues, muscular and other, and of greatly improving the circulation. When the parts are not so tender and sensitive as to make active exercise painful the more vigorous it is the better. Temporary congestion can usually be overcome by an hour's exercise, which keeps the blood circulating vigorously throughout the entire body. Even brisk walking, at perhaps four miles an hour or faster, would often be sufficient to overcome trouble of this kind. Slow walking would be of no value. Be as athletic as possible. If you can, play games like tennis, handball, hockey, basket ball, and engage in any other sport that calls for running or much activity. Swimming is an ideal exercise for varicocele, for it combines the good effect of the cold water with the type of exercise for the legs that is best suited to this complaint. Also, by reason of the more or less horizontal position assumed in swimming there is relief from the blood pressure in the large veins in the lower part of the body, making the return of the venous blood in the affected parts much easier.

Most of the special movements that I have described in the chapter on exercises for virility building will be useful in the treatment of varicocele, though for immediate relief from the pain of this disorder I would particularly recommend those in the up-side-down position, with the weight of the body on the shoulders and back of the neck, while the legs are extended upward. This position serves to reduce the blood pressure in the large veins of the lower body. Remember that the upright position assumed by the human race when standing necessitates a considerable column of blood in the large veins. This has to be forced upward to and by the heart, with some assistance from the valves of the veins, which help to support the weight of the blood and keep it moving in the right direction. When the walls of the veins have become weakened in any way there is likely to be a distended condition of the large veins in the abdomen which is relieved, together with the blood pressure, by the up-side-down position mentioned, and the freer return of the blood from the spermatic vein is also favored. Exercises in a horizontal position, especially on the back, would have a similar but less marked effect, aside from their other benefits. There is a form of neurasthenia said to be due to such a distention of the large abdominal veins.

Local cold-water treatment seems to be sufficient in many cases of varicocele. The cold sitz-bath each morning is the ideal form of this treatment, though it might hasten results to take it both morning and evening, or, if the bath is taken only in the morning, to give the genital organs a cold sponging at any convenient time during the day and before going to bed. The colder the water the better.

When the veins are very painful quicker results will be secured by using a hot sitz-bath for a few minutes, or by local bathing with hot water, always following the hot water with ablutions of cold. Alternate hot and cold water may be desirable in such a case, the cold water being always used last. One must make the blood move freely through these veins. When there is pronounced atrophy of the testicles in connection with varicocele an extremely active circulation is to be desired, and a number of changes of hot and cold water, one after another at short intervals, would be advisable. When there is severe pain one should attempt no exercise.

A suspensory should never be used unless absolutely necessary to relieve marked tenderness or pain. In that case it may be advisable for a time, but make sure that the testicles are held well up against the abdomen, so that the veins will naturally drain downward. Don't depend upon it too much however, and discard it just as soon as possible. Commence by leaving it off only a part of a day at a time, and gradually you will find that you can dispense with it altogether.

In all cases you should study the list of causes of the complaint given in this chapter, for the purpose of ascertaining if any exist in your own case. If there is constipation it should receive the very first attention, the other treatment being secondary.

CHAPTER XXVI

The Troublesome Prostate Gland

THE prostate gland is a small organ that is ordinarily very well behaved if one lives a normal life, but which is capable of giving you a lot of trouble if you make trouble for it. It is probably a more important part of the generative system than most persons suppose, being regarded as the chief seat of sexual sensation in the male, its secretions contributing to a considerable extent to the bulk of the seminal fluid and its power of muscular contraction having much to do with the ejaculation thereof. The ejaculatory ducts pass through the prostate. Situated as it is, too, at the neck of the bladder, it is closely associated with the functions of that organ, and is often involved in its disorders.

The prostate gland is a partly muscular organ, weighing little more than half an ounce, about the size and shape of a chestnut, and surrounding the urethra as it leaves the bladder. It assists in controlling the flow of urine, and when greatly enlarged it naturally interferes with the free passage of water because it constricts the urethra. On this account, men in advanced years sometimes have serious trouble with it. The condition of the prostate is ascertained by digital examination through the rectum, for in that way the size and outlines of the gland may be easily felt. It lies a little forward, in the perineal region, or as one might put it, on the floor of the pelvis.

This gland is the source of much trouble in connection with gonorrheal infection, for whenever the disease reaches the recesses of the prostate it plays havoc with it, and is likely not only to make itself at home there for some time, but also to leave its effects after it has passed away. Experienced physicians agree that even though gonorrhea may be cured, the prostate gland is never quite the same afterwards as it was before. The fact is that acute prostatitis, or inflammation of this gland, an extremely painful and serious complaint, is almost always the result of gonorrhea. Some other active infection, however, such as may result from the introduction of unclean sounds or other unsterilized instruments into the urethra, may produce it. Also it may result from injury. I will discuss acute prostatitis more in detail in the chapter dealing with venereal diseases.

A less active form of inflammation of the gland, commonly known as chronic prostatitis, may result from masturbation, frequent sexual excitement—especially when ungratified—erotic thinking, uncompleted sexual intercourse, sexual excess, the lingering traces of gonorrhea, irritating injections, stricture, constipation or stone in the bladder. Sexual abuses or excitement are responsible in most cases.

In connection with chronic prostatitis there is usually more or less discharge of the viscid fluid, secreted by the gland. This discharge occurs most frequently when at stool, but may take place after urinating and at various other times. It is called *prostatorrhea,* and it is this which is so often mistaken for spermatorrhea, which I have already referred to in the chapter on seminal losses. Quack doctors tell young men that this prostatic discharge is spermatorrhea, and that they are doomed to an early death unless they can immediately produce one or two hundred dollars for treatment.

In chronic prostatitis the gland is more or less tender and irritable. It may or may not be materially enlarged. When enlarged the urine will not flow readily, or perhaps not so freely as formerly. At times the urine may be slightly clouded from catarrhal discharges from the prostatic urethra. There may be a slight pain after urinating, and there may possibly be, at other times, dull pains reaching to the back and thighs. There may also be a slight irritation or sense of discomfort in the perineum. Nervousness, mental depression and a hypochondriacal tendency, or the inclination to think about one's ailments and exaggerate them, usually accompany these symptoms. Continued prostatitis is thought to lead to neurasthenia in many cases, though it may be nearer the truth to say that the habits and conditions which have affected the prostate in this way have also directly produced the neurasthenic condition.

Nevertheless the complaint certainly has a pronounced effect upon the nervous system.

It is now suspected by some investigators that the prostatic secretion has a close relation to the functions of the body as a whole, like the secretions of the testicles and of the thyroid, adrenal and other glands. Such a theory would explain the influence of disorders of this kind upon the nervous system, and indicates the urgent need of overcoming prostatorrhea as rapidly as possible. The disorder is by no means as serious as spermatorrhea; yet it is not to be ignored, or taken lightly. While less serious it is also much more common than spermatorrhea, and in practically every case when there is any question in your mind as to the nature of a discharge of this sort you may assume it to be prostatorrhea. But of course an absolute diagnosis can only be made through a laboratory examination showing the presence, or absence, of spermatozoa.

Prostatorrhea is directly due to a relaxed condition of the prostatic ducts, of which there are some fifteen or twenty opening into the urethra. This laxity naturally goes with a weakened condition of the organ. The reason why the discharge is especially marked in connection with straining at stools is because the gland is so situated that such straining causes pressure upon it, forcing out the fluid through the relaxed ducts. In acute prostatitis, when the organ is much swollen and extremely tender, any evacuation of the bowels is likely to produce excruciating pain.

The contraction of the prostate and adjacent parts after urinating also naturally tends to express some of the secretion when the weakness is well marked.

It is a gradual enlargement of the prostate gland that commonly gives older men so much trouble. The condition may come about so slowly as not to be noticed until it is found to interfere greatly with the passing of water, at the same time inducing frequency of urination. When there is any bladder trouble in connection with it this condition is very troublesome. Such enlargement may follow inflammation of the prostate in early life, or it may be produced by the irritation of the gland through constipation, an acid condition of the urine, disease of the bladder, or any other condition causing congestion in the neighborhood. A life of sexual excess, or marked abuses of any kind in early years, may be regarded as a predisposing factor. The enlargement is sometimes painful, sometimes not.

THE TREATMENT

In undertaking treatment for the prostate gland the causes of the disorder should first of all be considered. If the real cause, as is so commonly the case, should be found in frequent sexual excitement of any kind, this must be avoided. A complete sexual rest is advisable for a time, and if one is married it might be well to sleep alone. Masturbation, if practised, must be stopped, and as the severe strain of ungratified passion is most injurious, there must be no interrupted intercourse, or other practices of this sort. No treatment will do any good if you keep your mind full of sensual ideas.

Constitutional treatment is indispensable. The more vigorous your general health and the better your circulation, the more quickly you will recover. In fact, active exercise may be regarded as the most important feature of the treatment in many ordinary cases of prostatorrhea. Don't be half-hearted. Make it real exercise. Of course in the acute inflammatory conditions exercise will have to be avoided until the sensitiveness and extreme irritability of the gland have been overcome.

The hot sitz-bath is one of the most effective of all treatments when there is congestion, inflammation and irritability of the prostate. This should be taken each evening. Another exceedingly effective treatment is a rectal douche with fairly hot water. Treatment can be applied to the prostate very directly through the rectum since the latter lies right against it. The rectal douche does not mean the flushing of the entire colon. It is sufficient to confine it to the rectum and it is best to use the hot water in the form of irrigation, letting it run out as fast as it enters for two or three minutes or more. There are special appliances made for rectal irrigation which you can secure at a drug store, but you may be able to manage it with an ordinary fountain syringe. Of course when there is constipation, complete colon flushing may be desirable occasionally, though the constipation would preferably be remedied, if possible, by drinking water, eating fruit, and giving careful attention to diet in general, as well as by abdominal massage and exercise.

Irrigation of the rectum with hot water has an extremely soothing effect when the prostate is in an irritable and inflamed condition, and in those cases in which seminal losses are largely due to this excitable condition of the prostate gland, such treatment is most important, as I have already pointed out in the chapter on this subject. Taken every night before going to bed, it will so quiet and soothe the whole sexual system as probably to prevent any trouble during the night. In other words, when it is found that cold sitz-baths do not have the effect of decreasing or stopping night losses, this treatment will often do so. It may be taken in conjunction with hot sitz-baths. Sometimes when the latter are inconvenient, the same result may be obtained by placing hot wet cloths against the perineum, just back of the scrotum. One could even use a small hot-water bag, applied to the perineum for a few minutes, with soothing effect.

In acute prostatitis, developing from gonorrhea, the hot rectal irrigation is especially important, and one should use either the hot sitz-bath or the hot wet packs to the perineum. It will probably be necessary in a very severe case of this kind to stay in bed, or to be as quiet as possible. If lying down, have the hips elevated on a pillow. No exercise should be attempted. A non-stimulating diet and the free drinking of hot water would be of great value. The diet should include little or no meat, eggs, nuts or high-proteid foods. In fact, the milk diet is usually best. It may also be necessary in such a case to draw the water with a catheter (in skilled hands only), and if an abscess should develop in the prostate gland surgical help will be necessary.

Ordinary prostatorrhea, when there is no marked tenderness, inflammation or irritability of the gland, will often respond best to a different line of treatment, of which cold sitz-baths each morning form a part, with plenty of vigorous exercise, as already suggested. In such a case, after any congestion or marked inflammation may have subsided, one has to deal chiefly with the relaxed condition of the prostatic ducts. It is necessary to tone up these tissues. A cold-water jet directed against the perineum, or even rectal irrigation with cool water, will be of great service. But so long as there is irritability and marked inflammation the hot-water treatment is essential.

Massage of the prostate will usually be of value in cases of this kind, and when there is a moderate degree of inflammation without much tenderness very gentle massage will also help. This is applied by means of the fingers through the rectum, and its self-application is more or less difficult. It should never be so vigorous as to be painful or uncomfortable, and should not be attempted at all when the gland is in a very sensitive state.

When the prostate gland is in trouble the posterior urethra will often be found more or less inflamed, tender and sensitive, as a result of the same abuses or causes. As a rule the treatment for the prostate gland will also cover the requirements of the urethra as well. The hot sitz-bath will affect it directly, and gentle massage administered under or back of the scrotum will help. In both cases improvement is entirely a matter of improving the circulation and quality of blood. Therefore anything that is of use in one condition will help in the other.

For enlargement of the prostate in advanced years many doctors advise an operation for the complete removal of the gland. Of course it is possible that in some exceptionally severe cases such treatment may be necessary, but they are few indeed, if proper natural methods of treatment are adopted. Constitutional treatment for vitality building and attention to any bladder trouble present, with the correction of constipation, will usually be sufficient, combined with local treatment in the way of hot sitz-baths and hot rectal irrigation. When there is pronounced inflammation the hot-water treatment is especially necessary, but when there is no inflammation it will often be found that the application of cold wet cloths to the perineum and pelvic region is more effective, as it tones up the tissues. Always, the condition of the bladder must be investigated.

If the enlargement of the prostate reaches a critical stage at any time, involving inability to pass water, a fast of one or two days may be necessary, or perhaps the milk diet should be adopted, with complete rest. An acid condition of the urine will not only cause inflammation or catarrh of the bladder, but will also irritate the prostate. Urine that is retained is likely to develop this acid condition or to form ammonia. One treatment is to drink plenty of hot water, thus increasing the flow of urine and diluting it in such a way as to make it non-irritating. A catheter is sometimes absolutely essential under such circumstances to save life, though it should be inserted by a physician or other experienced person. Results that are nothing short of wonderful are obtained in many cases simply through hot-water drinking. Because of the increased quantity of water in the bladder the flow is stronger and the vessel is more perfectly emptied, aside from the fact that its contents are made less acid and less irritating. An inflamed bladder will recover quickly under such conditions.

It is hardly necessary to say that alcohol must be strictly avoided, for it is often the cause of difficulties of this kind. Also a non-stimulating diet should be used. Instead of tea and coffee, use hot water. And do not forget the value of the milk diet in such cases. In addition the drinking of a couple of cups of hot water first thing in the morning can be recommended.

Hot-water drinking can usually be recommended in all cases of prostatic trouble. When there are night losses to contend with one should not drink any water after four in the afternoon, but it may be taken in large quantities early in the day. If cold water is taken, it should be sipped, not poured down.

CHAPTER XXVII

Impotence and Allied Sexual Weaknesses

FOR practical purposes there may be said to be various degrees of sexual weakness, but complete impotence implies a total lack of the power of erection. One may be practically impotent, however, when the erection is weak and of short duration.

What is commonly known as "prematurity," also sometimes called *irritable* or partial *impotence,* is the most prevalent of all sexual weaknesses of this type. It is often just about as serious as complete impotence in rendering one unfit for marriage. It consists in a supersensitive or irritable condition resulting in a premature ejaculation, which, in extreme cases, may take place even before the sex relation is attempted. There are other forms of sexual weakness, though they are unusual, in which the orgasm and ejaculation may be very greatly delayed, or in which it may be impossible to bring them about at all.

The causes of impotence are to be found in all those conditions which lessen virility, and which I have outlined in some detail in Chapter 22, on "How Virility is Destroyed." Masturbation, continued and excessive seminal losses, sexual excesses, interrupted intercourse, ungratified sexual excitement, mental unchastity, unnatural habits of any kind, alcoholism, tobacco poisoning, drug habits, overwork, worry, mental or emotional strain and all conditions that tend to debilitate the system are to be found among the causes of impotence. The bromide treatment, used as much by reputable physicians as by the quacks, may be the direct and immediate cause in some cases. Contact with poisonous metals in certain occupations, and especially chronic lead poisoning, may have a great deal to do with it. A tropical climate, such as that of India or the Philippines, may in the course of time produce partial or complete impotence through its destructive effect upon the nervous system and the bodily powers in general.

There is no necessary or invariable connection between sexual weakness and dyspepsia, but curiously the two are often found together. The chronic and emaciated dyspeptic does not as a rule make a very promising prospective marital partner.

Exceedingly hard and prolonged mental work in some cases seems to have a depressing effect upon the sexual function, though in most cases of this kind there have probably also been some other contributing or predisposing causes for the weakness. At any rate, the impotent intellectual worker often makes a remarkable improvement in his virility as a result of several weeks or months of camp or country life. All sedentary occupations are naturally more or less detrimental in this respect.

There is often a close connection between obesity and impotence. Obesity is a common accompaniment of senility, indicating a loss of virility and energy, and when appearing too early in life is not a favorable sign. It is true that a certain amount of fat is natural with many persons, and when evenly distributed and very gradually acquired is consistent with activity and vigorous health. But when fat is not distributed throughout the entire body, or when it is acquired beyond what is termed normal weight it usually signifies more or less degeneration and impaired health, and is likely to accompany or produce impotence. Therefore if you think you are getting fat, you had better become as active as you can. Keep hard and vigorous.

Stricture, which, of course, is generally the result of gonorrhea, is sometimes accompanied by impotence, or by some weakening in this direction. Ofttimes also gonorrhea is a conspicuous cause of impotence through its effect upon the prostatic urethra, the prostate gland, or the other structures of the sexual system. A number of constitutional diseases, such as diabetes, pernicious anemia, leukemia, Addison's disease, those arising from a deficient thyroid gland, locomotor ataxia or other spinal-cord diseases, injuries of the spinal cord or brain, or tumors, may occasionally be responsible for impotence. Sometimes the poisons of malaria, typhoid fever or other infections, attacking the generative structures may cause trouble of this kind. And of course various malformations would produce impotence for mechanical reasons.

There is no doubt that in the most serious and stubborn instances, especially when following extremes of sexual excess or masturbation, the real trouble lies in the exhaustion and paralysis, to a greater or less degree, of the spinal nerve-centers controlling the sexual function. Such cases are sometimes difficult to improve, especially when of long standing.

The general rule is that the first direct signs of weakening of the sexual system, apart from any seminal losses which may occur, are to be noticed in the prematurity of the ejaculation, associated usually with decreased sensation. But in most cases the orgasm is more or less diminished at the same time, and sometimes there is practically no sensation. In time, as he becomes weaker, the victim develops what one might call a "hair trigger" condition, a state of extreme sensitiveness in which the ejaculation occurs in the first moment of the relationship, or even before it is attempted, through mere excitement. This is of course embarrassing. It means a greatly weakened condition of the nerves and muscles, and usually an inflamed and sensitive state of the prostate gland and relative parts. Following this state, if matters go from bad to worse, one sometimes becomes entirely impotent.

The symptoms associated with impotence vary considerably. Some men continue to have a desire for the company of women, or perhaps even find the sexual appetite increased, in spite of the absence of the power of gratification. When this desire for the other sex is still present, it is a hopeful indication. It probably signifies that while the power of erection has been impaired and temporarily lost, the glands of the reproductive system have not suffered to the same extent. Apparently the system has not yet been entirely deprived of the influence of the substances of these glands, and one may retain at least a certain degree of the qualities that are associated with virility. The sex instinct is still alive, and that means something.

In other cases of impotence, however, there is a complete loss of the sexual appetite and the victims may even have a positive dislike for women. This is a far more serious condition than the first, indicating a greater degree of lost virility, with lesser prospects of effecting a cure. When an impotent man has entirely ceased to have any interest in the opposite sex, under any conditions, he may be regarded as sexually dead, for all practical purposes. A cure or an improvement may be secured even in most such cases, but it would take time, and definite promises as to results are not advisable.

In cases where the desire is greatly increased in connection with impotence, or partial impotence, it is of course usually because of a greatly congested condition of the prostate gland, irritation produced by constipation, some spinal disorder, or some other pathological condition.

There are also instances in which a man may not be impotent, strictly speaking, but in which he has no sexual desire, does not care for women.

There is often more or less atrophy of the organs, more particularly of the testicles, in connection with impotence, but this need not be present, and when this is marked the condition is usually difficult to overcome.

Psychic impotence is a purely mental condition, and usually a temporary one, due to emotions, nervousness, embarrassment, excitement or mental suggestion. It is not serious, inasmuch as it does not indicate any organic or constitutional defect, and will usually disappear by itself under normal conditions. In other words, psychic impotence is a transient condition, which may be compared with any temporary state, such as a sick stomach.

Upon the theory that those troubled with impotence are simply the victims of their own mental attitude, some writers pooh-pooh that there is any physiological basis for this difficulty. Of course it is not true that all these men have merely hypnotized themselves into the belief that they are impotent. But at the same time there is such a thing as psychic impotence, and every man should make sure of the exact nature of his own case.

Nervousness from almost any cause may produce this temporary, or psychic, impotence. The necessity for hurry may do it. Fear of any kind is likely to produce it, such as fear of venereal infection, fear of pregnancy resulting or the fear of being interrupted or discovered. Embarrassment may temporarily affect one, and the impotence thus produced will then so increase the embarrassment that the situation is hopeless, for the time being. Excitement of any kind would naturally be a factor. Too much intense desire or eagerness may in this way defeat its own purpose. Or one may be influenced by an unclean room or unclean clothing.

Mental suggestion, however, or what is called "auto-suggestion," is doubtless the most frequent cause of psychic impotence. A man may doubt his fitness for marriage. Perhaps he has been worrying a great deal about his past bad habits, or the results of a former venereal disease, and has thus conceived the idea in his head that he may be impotent. The result is that his anxiety on the subject practically paralyzes him, and until he can overcome this mental attitude he will be practically impotent. In addition, he may be embarrassed. But this does not mean true impotence and a few weeks of marriage will set him right.

One great mistake frequently made by men who fear that they are impotent is to test themselves by visiting a prostitute. Of course such a thing cannot be recommended, or even excused. It is wrong from every possible point of view, and furthermore it is never a satisfactory test. One cannot judge of one's condition by attempting relations with a strange woman, for there is likely to be present every other factor conducive to psychic impotence, including fear of infection, lack of attraction, anxiety as to the result and embarrassment. The very fact that the attempt is made with the cold-blooded purpose of ascertaining one's capacity for the act would in itself be sufficient to insure failure in some cases. All the conditions of a satisfactory relationship, such as are only to be found in a healthy, happy marriage, are missing. A man who finds that he is practically impotent so far as a strange woman is concerned may be perfectly potent when it comes to marriage with a woman for whom he has a deep affection. There must be love as well as passion in the ideal relationship.

If a man finds himself impotent when approaching a public woman, he should congratulate himself that his instincts are healthy and clean. Any association with a prostitute involves the debasing of the sex function. It is really a perversion to some extent. Men with the best instincts cannot be tempted in this way.

In a few cases in which men have lived strictly continent lives for a long time until marriage, with continuous repression of the sex instinct, they may have developed a degree of sexual reticence which results in more or less psychic impotence, but of course this should be only temporary. There are also examples in which incompatibility of temperament, or mutual indifference between a couple, as in "marriages of convenience," may seem to produce impotence; but such a condition cannot correctly be called impotence. Indifference or lack of desire on the part of the wife is naturally an important factor, but under such circumstances the marital relation should not be attempted.

On the theory that alcohol is a sexual stimulant, physicians often prescribe the use of wine, with a generous diet of rich, stimulating food, in cases of impotence. There is no doubt that in some cases of psychic impotence the use of champagne or wine does produce results, but it is not because of any "strengthening" effect of the alcohol. It is simply because the effect of this poison upon the brain is to paralyze the higher mental faculties, and thus deaden any sense of restraint and blunt any fears, anxieties, or considerations, which may previously have had an inhibiting effect. The alcohol really has a detrimental effect upon the sex function, as upon the body generally. (See Chapter 22.) Under the ideal conditions of a happy marriage there is no danger of psychic impotence, and under immoral or abnormal conditions a man is to be congratulated if he finds himself temporarily lacking in the power to debase himself.

Sexual neurasthenia is the term often employed to designate a condition of great nervous and constitutional debility associated with or growing out of sexual weaknesses. It does not differ greatly from any other case of neurasthenia, except that it is the result of sexual abuses or excesses. It is true that impotence, or some degree of sexual weakness, may be the result of neurasthenia produced by other causes, such as overwork, worry, or mental and emotional strain of any kind. The sex function, like every other function, is naturally impaired by lowered vitality, poor circulation and impoverished blood, and when sexual weakness is a marked feature of such a case it may perhaps be classified as sexual neurasthenia; but as a rule this term is applied to nervous debility resulting from the drain upon the nervous system and the vital resources made by sexual abuses and seminal losses. Some authorities also claim that sexual neurasthenia may be the result of the continued repression of the sex instinct for many years, as when one who possesses very strong and active sex impulses is forced to live a life of complete abstinence. This probably is the case with women more often than with men.

Sexual neurasthenia may take various forms in different cases, but aside from local sexual weaknesses and disorders, ranging from seminal losses down to impotence, the marked mental symptoms that I have already mentioned in connection with extremes of masturbation and seminal losses, namely, brain fag, poor memory and inability to work are invariably present. The sufferer is at the mercy of his moods; he is inclined to worry and to exaggerate his troubles, or he may be subject to absurd fears of one kind or another. Aches and pains in the spine, usually around the small of the back, are fairly common in connection with this condition. There is a general lack of energy and poor endurance.

It is in respect to other symptoms that cases differ mostly. Some are especially characterized by digestive troubles, and in others urinary disorders are particularly marked. Stubborn and persistent cases of dyspepsia should be studied with reference to the individual's sexual health. Constipation occurs in sexual neurasthenia, though there may be periods of diarrhea. When bladder troubles are especially in evidence there is a frequent desire to urinate during the day, but no special difficulty of this kind at night, in contrast to the conditions of prostate enlargement and other disorders of the bladder. It is found difficult to commence the act of urinating, and the sufferer may be unable to do it at all in the presence of other persons. There is also usually a dribble at the end, indicating local weakness.

Disturbances of circulation are much in evidence in sexual neurasthenia, with more or less palpitation of the heart, so that the victim thinks he has some organic heart disease. His heart beats rapidly and with a feeble pulse on the least exertion. He gets out of breath quickly. He is troubled with cold feet and hands. Often he is inclined to blush easily, an indication of an unstable circulation. Often the eyes are weakened, with symptoms of eye-strain and specks floating before them. One may be sensitive to noises, and there may be various other of the ordinary symptoms characteristic of neurasthenia.

Impotence in Old Age.—It is of course to be expected that there should be a decline of virility with advancing years, though its extent will vary with individuals. At the same time, if a man were to live a life free from abuses of any kind, and could retain a vigorous condition of the body as a whole up to the end of the normal span of life, he should retain his virility, at least to a certain extent, up to the very end. There are many men who have done so. In not a few instances they have become parents when past the age of eighty years. Of course these cases are unusual, but they show what nature is capable of under normal conditions. In fact, Metchnikoff is said to have found the spermatozoa alive and active in a man one hundred years old. Sexual power is so closely associated with general bodily vigor that one should be able to retain it if one keeps strong and active in advancing years. But to do this requires a life of sexual temperance, with no other squandering of one's vitality.

After the age of forty-five or fifty a man will find it the safest plan to exercise extreme moderation in respect to his sexual indulgences. I might almost say that the question as to how long his procreative power will last will depend largely upon how it is conserved or wasted in early life. There is no doubt that in many cases it is best to live a continent life from middle age on. The physiological age for parenthood has been passed, at least, in all probability, in the case of one's wife, and therefore it is only natural that one should gradually come to neglect and more or less forget this function, as one occupies oneself with other interests. I would not venture to lay down any rule for all men. Each must regulate his own life in conformity with his own individual needs and constitutional peculiarities. But there is no doubt that temperance, or continence, in advanced years would be advantageous, and it would probably go far toward preventing the prostate enlargement from which many old men suffer. Incontinence at this time of life may prove very weakening. Old men with young wives often age rapidly. When there is weakness of the heart or hardening of the arteries, continence is absolutely necessary.

While it is true that virility should in a large measure last as long as life, some decline in power is to be expected. In many cases impotence after the age of sixty-five years is to be regarded as physiological, and there should be no occasion for alarm if it should come even earlier. Impotence at the age of fifty years is, of course, premature, though it may be regarded as a natural result of an extremely active sex life. One cannot eat one's cake and still have it. In all cases, much depends upon the habits of early life. Many foolish young men have almost exhausted themselves before the age of twenty. Such facts must be considered. Impotence before the age of fifty is of course abnormal. It is to be found, however, in many men under the age of thirty.

Impotence in early life, like other sexual disorders, is usually accompanied by bodily weakness, or more or less neurasthenic condition and general functional disturbances. There are exceptional cases, however, usually in men over thirty, in which there seems to be little or no inconvenience associated with the condition except for its bearing on the question of marriage or parenthood. In other words, one occasionally finds a case in which a man has become impotent before middle age, but still maintains fairly robust health and a good physique. I have known a few such cases, in which treatment seems to have little effect on the local weakness. Such cases have usually developed following a period of great excess in adult life, rather than during the period of growth. The explanation probably is that the controlling spinal nerve-centers have been exhausted or paralyzed, thus causing the power of erection to be lost, while apparently the glands are still in a sufficiently active condition to supply the secretions which are necessary to keep the general bodily functions healthy and vigorous. But as I have said, such cases are exceptional. The rule is that sexual weakness and general constitutional debility go together, and by building up a vigorous constitution, improving the quality of the blood, promoting an active circulation and strengthening every tissue and structure in the body, a corresponding improvement will be brought about in the generative system as well.

THE TREATMENT

What I have just said, therefore, indicates the most important feature of the treatment. The body as a whole must be strengthened, and the general instructions in the chapter on virility building should be followed faithfully. The suggestions on spinal stimulation are very important. Muscular exercise must be regarded as one of the most essential features of the treatment in most cases, though fresh air, sunshine, sufficient sleep, a strengthening diet and general blood-purifying measures are all necessary. Simply make yourself as perfect a specimen of manhood as you possibly can.

A complete sexual rest is necessary in all cases, whether of prematurity, sexual neurasthenia or complete impotence. There should be no attempt at indulgence of any kind. This rest should last from two or three months to a year or two.

The causes or conditions at the bottom of the trouble must always be considered. For instance, in a case of sexual neurasthenia, with more or less impotence, which obviously depends largely upon continuous seminal losses, it will be necessary to stop these before any marked improvement can be expected, and the special suggestions which I have given in the chapter on that subject should be carefully and diligently followed. Again, in many cases of prematurity there is considerable congestion or inflammation of the prostate gland, making it supersensitive, and this must be remedied. (See the chapter on that subject.) And sometimes one has to do with the lingering effects of gonorrhea in this gland, or in the posterior urethra.

Usually when there is an extreme degree of prematurity it is highly important to avoid any very stimulating treatment. The diet in such cases should be free from red meats, condiments and stimulating drinks, and should include comparatively few eggs. Even cold sitz-baths may be too stimulating, and the soothing effect of the hot sitz-bath may be more effective, though this should be replaced by the morning cold sitz-bath later on when the extremely sensitive condition of the prostate gland has been overcome.

Remember that the cold sitz-bath is especially valuable for toning up weakened and relaxed tissues and invigorating the nerve centers. It will be of very great value for this purpose where the parts are not too sensitive and irritable. When there is inflammation the hot sitz-bath will have a quieting and soothing effect, but whenever cold water can be used without aggravating the trouble it is usually best. As a rule, the colder the water the better.

In any one with complete impotence, especially when it has existed for some time, a more or less stimulating regimen is to be advised. This should include a fairly full diet, with eggs to the extent to which the appetite may call for them, plenty of milk or buttermilk, if appetizing, and meat at least once a day, if desired. An exclusive milk diet for two or three months might be helpful in some cases where there is serious assimilative or digestive difficulties.

The cold sitz-bath would be very valuable, in total impotence, but the use of alternate hot and cold sitz-baths would be even more stimulating and effective, two tubs being provided for the purpose, with the hot water at 110 to 115 degrees Fahrenheit. Remain in the hot sitz-bath for one minute, then in the cold for two or three minutes, then return to the hot, and so on, making several changes and ending with the cold water.

If the alternate hot and cold sitz-baths are not convenient, then use the cold sitz-bath in the morning, from three to five minutes, and sponge the generative organs in the evening, or at some other time during the day, with hot and cold water alternately, always ending with cold water. Five or ten minutes may be devoted to such treatment. Sun baths, in which the organs concerned are exposed directly to the rays of the sun, should be of special value in a case of this kind. Of course these suggestions must be combined with the general instructions on virility building.

When the organs are more or less atrophied or wasted, such a stimulating course of treatment will be especially necessary, except where there is the extremely sensitive and irritable condition already mentioned. But one should be sure that there is really a wasted condition, or lack of development, before torturing himself with worry about it. Often the idea of atrophy exists only in the imagination. The sexual neurasthenic is inclined to worry about these things, and some men have an exaggerated idea as to what should be the normal size of the generative organs.

The truth is that men differ greatly in respect to the size of these parts. The variations apparently have no relation to virility, or to the size of the individual. Some very large men have comparatively small organs, while small men occasionally have comparatively large ones. Size has nothing to do with power. There is no rule that applies, though on the average the male organ when erect measures from five to six inches. In its relaxed condition as well as erected it may be quite small without indicating any deficiency. Real atrophy of this member is not very common. An unusual shrinking may be due to anxiety or nervousness, especially when under medical examination. An exceptionally small size of this part is usually congenital.

True atrophy of the testicles, however, is likely to result from excessive masturbation or sexual over-indulgence. Probably most cases of greatly shrunken glands are the outcome of masturbation commenced early and continued with unusual frequency during the years of growth. The same result, however, may be produced by gonorrhea or any other infection causing severe inflammation.

It is sometimes said that atrophy of the generative organs may be the result of continence, on the theory that any part of the body not used tends to waste away. It is extremely doubtful, however, if this rule ever holds good for these particular parts. The facts apparently indicate that in practically all cases of atrophy through supposed continence there has been some other definite and direct cause in the way of abuse of one kind or another. Shrinking of these parts in the case of an abstinent and debilitated man is of course due to his debility.

The treatment for wasted organs calls for the building up of all the tissues and nervous, digestive and muscular forces of the body by every possible means, combined with stimulating local treatment, the same as for chronic impotence. Alternate local hot- and cold-water bathing, or sitz-baths, should be persisted in, though other means of improving the circulation may also be used. The vacuum or "cupping" treatment has often been recommended in such cases, and sometimes does produce results. But such treatment can rarely be advised, as it over-stimulates the nerves and blood vessels. The suction exerted by this apparatus brings a large amount of blood into the parts, and though in a few instances it might have a beneficial effect its value is questionable. Such treatment, if used, should be brief and should be followed by sponging with very cold water or by a cold sitz-bath, to prevent too much relaxation or dilatation of the blood vessels.

Another treatment that may be very effective in extreme cases, but with which one should be equally careful, is mechanical vibration. This should not be applied directly, but only to the lower part of the pelvis or abdomen, just above the pubic bone, thus influencing the arteries which supply the generative organs. This treatment should also be brief and should precede the cold sitz-bath or cold-water sponging. It should never be used when there is trouble with seminal losses of any kind. Either the vibration or vacuum treatment might be tried in any stubborn case of impotence, as a sort of last resort, though nothing definite can be promised in the way of results.

What are the possibilities of a cure in an individual with complete impotence? To what extent can an impotent man improve himself? These are questions of vital interest. To a large extent I have answered them in the chapter dealing with the results of masturbation. Many with total impotence are cured, but I cannot promise this result always. When of long standing cure is usually difficult. I may say, however, that a gratifying improvement may certainly be secured in the majority of cases. It depends partly upon the individual and the extent of the damage done by the vices or excesses of the past or through the ravages of venereal disease. When some local inflammation is the cause a complete cure is usually possible. But when the nerve-centers are more or less paralyzed it will be much harder to get appreciable results. Do not expect a cure in a hurry. Make up your mind to live a continent life until you have regained a normal condition. This may mean anywhere from a few months to two or three years.

Such is the vitality of the human body that it can often be built up, after it seems to have been completely wrecked, to such a degree that one actually may have reason to be proud of his physique and his manhood.

CHAPTER XXVIII

Sterility

STERILITY is the inability to procreate, for whatever reason. The condition may be either temporary or permanent, depending upon the cause.

Sterility is confused with impotence in the minds of many persons, but there is a great difference in the meaning of the two terms. A man may be sterile without being impotent. That is to say, he may be deficient in the seminal secretion, or no spermatozoa may be present therein, although he may be perfectly potent and normal in other respects. On the other hand, there may be a normal formation of semen, with healthy spermatozoa, while practical sterility may result from impotence, for mechanical reasons. Of course it is true that in a great many instances the same devitalizing conditions which have made a man impotent are also likely to make him sterile. Sometimes the spermatozoa may not be entirely lacking, and yet because they are weak and wanting in vitality, fertilization will not take place. When the testicles are healthy in every way sterility may be produced through obstruction of the ducts.

Gonorrhea is without doubt the most frequent cause of sterility in men, sometimes through its destructive effect upon the testicles themselves, but more often through the closing up of the epididymis—the delicate convoluted structure which forms the beginning of the spermatic duct—following the inflammation produced by this infection. Of course when the disease does not penetrate so far, sterility does not result. Stricture of the urethra, also usually due to gonorrhea, may cause sterility in rare cases by interfering with the passage of the seminal fluid, which, under these conditions, is forced backward into the bladder.

Sterility is occasionally caused by mumps, when this infection has been carried to the testicles, producing a destructive inflammation. The child so affected recovers from the disease, regaining apparently perfect health, but finds, years afterwards, that his marriage is not productive of children. In this case, as when it results from gonorrhea, the condition is incurable. Typhoid fever or the poisons of other infectious diseases may in rare cases cause sterility, and constitutional disorders like diabetes or obesity may have a great deal to do with the condition in some instances.

The Roentgen rays, or X-rays, will produce temporary sterility through their effect upon the spermatozoa. During the first few years after these rays were discovered, when little was known of their physiological effects, a considerable number of men were rendered sterile for a time. X-ray operators may protect themselves, however, by wearing metal aprons through which the rays cannot pass. Fertility is regained by these men after a few months during which there is no further exposure of the glands to these rays. Radium rays are said to have a similar effect.

What may be called functional sterility is fairly common, being usually the result of a lack of vitality. A debilitated condition of the system from any cause, or the weakening effect of sexual abuses, may be responsible in such cases. Alcohol, strong medicines, drug habits, lead poisoning, nervous exhaustion, overwork, shock, grief, exhausting fevers and various other devitalizing influences are all capable of producing this result. In such cases the spermatozoa may be present in the seminal fluid but are so few in number and so feeble that fertilization is impossible. Or the semen may be practically absent altogether. In nearly all such cases a cure is readily accomplished by building up the general health and thus restoring the functional strength of the testicles. The treatment is the same as for impotence. The general methods of virility building are advised, together with great care to avoid marital excesses. A complete sexual rest for some months is to be recommended.

Masturbation is not likely to result in sterility except in those cases in which it has been carried so far as to cause atrophy of the testicles, together with impotence. As a rule, if a man is still potent after having discontinued masturbation for some years, and has built up robust health and a vigorous body, he may depend upon having normal children. The question is one that depends upon one's present condition rather than upon one's past. If a man has recovered virility, and is not sterile, he will make a satisfactory parent.

As I have said, sterility of gonorrheal origin is almost invariably incurable, but it may sometimes be worth while to try persistent treatment by means of hot sitz-baths and gentle massage of the testicles. In such cases there is usually a hardened or lumpy condition of the epididymis, and if this can be overcome and the adhesions loosened so that an opening is re-established, through which the seminal secretion may pass, fertility may be recovered. I must admit that the chances are not very good, for it is only in extraordinary cases that this can be brought about. The chance is worth taking, however, even if it is only one in a million. There are cases in which, following venereal disease, disturbed functioning of the prostate gland and the seminal vesicles may be responsible for sterility, for the secretions of these organs mixing with the semen have much to do with the health and activity of the spermatozoa. An inflammatory or purulent condition of these parts would tend to destroy them, or lessen their vitality. Treatment for the prostate gland would effect a cure in such cases.

Childlessness sometimes seems to be the result of a peculiar temperamental or constitutional incompatibility. It occasionally happens that both the husband and the wife may be individually normal and fertile, but do not possess the mysterious and peculiar chemical qualities that will combine through the process of fertilization to produce a new life. The man might have children by a second marriage, and the wife might have children by a second husband, but with each other they are unfruitful. This cannot be explained, but it is a well-attested fact. It probably happens mostly where there is a lack of sexual harmony.

When there has appeared to be no good reason for childlessness, and when it seems probable that the vaginal secretion has the effect of destroying or weakening the spermatozoa before fertilization could be accomplished, artificial impregnation has frequently been tried, and often with success. Artificial impregnation consists simply in introducing into the womb a few drops of the seminal fluid. It should never be attempted, however, except by a skilled physician, under strictly aseptic conditions and with a sterilized syringe, and not even the physician should experiment without a thorough knowledge of the technique required. The failures always greatly exceed the successes.

When it is undesirable for eugenic or other legitimate reasons for a man to have children, sterility may be produced by a simple operation called "vasectomy," which consists merely in cutting out a part of the *vas deferens,* or spermatic duct, on each side, so that there will be no outlet for the secretions of the testicles. Sterility is thus produced mechanically. This treatment has been much recommended and in some States has even been employed to some extent in connection with criminals, insane persons, idiots and others deemed unfit for parenthood. It has also sometimes been submitted to voluntarily. It does not affect one's fitness for marriage, since the sex instinct and power are unimpaired, but only prevents parenthood. The seminal secretion in such a case is reabsorbed. In some instances a marked improvement in health has been reported, as a result of such operations, apparently because the frequent loss of the rich seminal fluid has been stopped.

It was once thought that childlessness was nearly always due to some defect in the generative organs of the wife. It is now known, however, that it is the result, in a fairly large percentage of instances, of the husband. Therefore, when children are desired in the home and do not make their appearance, it is well to investigate the condition of both the husband and the wife, so as to ascertain just where the trouble lies and to see if it cannot be remedied.

CHAPTER XXIX

How to Build Virility

FOR one who has suffered any loss of virility, from whatever cause, and whose constitution is accordingly weakened to a greater or less degree, there is only one logical course to pursue, and that is to go to work like a man to become a man. I realize that a tendency to discouragement is a common characteristic of those who have been materially weakened in this way, and for this reason I would say to them that Nature responds wonderfully to rational treatment for bringing back a normal condition of any and all parts of the body. You will find that virility is a most persistent thing, if only given a chance. In fact, the reproductive power is so vital and enduring that one may usually recover from even a large amount of abuse, and even when one's original degree of virility cannot be fully regained such an improvement may be brought about, in nearly all cases, as to render one capable of a happy marriage and equally happy parenthood.

The fact is that by far the greater number of men have abused themselves, or contracted sexual disease, at some time of their lives, whether in boyhood, youth or manhood. Yet most of these men have had more or less successful careers, and have very largely outgrown the results of their various indiscretions, simply because they have discontinued their evil practices. Time alone has helped them to recuperate. To such an extent is this true that some medical writers have been inclined to belittle the harmful effects of sexual abuses and excesses. Of course this is a mistake, for such habits are always weakening and destructive; but if it is true that time alone will often cure the resulting evils, you may be sure that a persistent course of proper treatment and training especially designed for virility building will be infinitely more effective.

The one paramount consideration in the attainment of virility is the building up of the vital and nervous forces of the body. The whole organism must be strengthened in every possible way, the blood purified and enriched, the vital organs toned up and the circulation made more active and vigorous. Every single infinitesimal cell in the body must be made to vibrate with health and vitality, and when this has been done it will not be long before you develop a normal and satisfactory degree of sexual vigor.

You cannot expect to gain in virility so long as you are a nervous wreck, or anything approaching it. You need strong nerves, muscles, and a reserve supply of nerve-force in order to build virility. Many maintain that the central nervous system is really the source of all human energy or power, every function of the body depending upon the supply of nerve-force from the brain and spinal cord. And inasmuch as sexual weakness means, or at least is associated with, more or less exhaustion of the spinal nerve-centers, it is of the utmost importance that the nervous system be built up and the highest possible degree of all-round vital vigor attained.

The very first essential for virility building is a favorable mental attitude. Everything really depends upon your determination and your persistence in following out the vitality-building régime which I would recommend; for if you lack this determination or persistence, you will gradually neglect your treatment and health program and so fail to secure results. Make up your mind that it will be an up-hill struggle, and then determine to stick to it until you win. Others have done it, and so can you. Stop worrying and do more working. And above all things cultivate the clean attitude of mind, keeping away from lascivious thoughts and from everything that will tend to stimulate sexual excitement. As I have already suggested, spend as much time as possible in the company of other clean-minded persons, and especially those of the other sex, but without personal familiarity.

With reference to the causes of his weakness, each one should make a study of himself. In most cases the cause is only too plain. It is to be found in some abuse of the generative system. In other cases some constitutional condition may be chiefly at fault, as when the quality of the blood is affected by digestive troubles, dissipation of any kind, nerve-strain or overwork. All these things should be considered, so that any debilitating influence may be avoided in future.

A strictly continent life for some time is imperative. One should enjoy complete sexual rest. If married, it would be well to occupy a separate bed. It is necessary to give the organs, muscles, tissues generally and nerve-centers involved a full opportunity to recuperate, and this demands not merely temperance but complete abstinence for a time. Just how long this will take depends upon the degree of weakness in each victim. A few months may be sufficient to permit satisfactory recuperation, but a rest of two or three years may perhaps be necessary. Remember also, that after having once suffered any marked loss of virility, one must expect after recovery to exercise temperance in marital indulgences for the rest of one's life. One cannot afford to waste one's vitality and virility through any further excesses.

In reference to the advice to marry which is frequently offered by physicians for sexual weakness, I would repeat that this is usually the worst thing that one can do, and is particularly an injustice to the woman in view. It is offering "damaged goods," though in a different sense from that implied in the famous play of that name, and it often means the rapid loss and extinction of what little virility a man may have left. Build up before thinking of marriage. At the same time, I will admit that there are cases in which a *normal* married life will help to build virility, if one has not become too seriously debilitated—in a mild case, in other words, as for instance when the chief difficulty lies in seminal losses or varicocele. But there should be the closest observance of the principles laid down in the earlier chapters of this book. Moderation is imperative.

Freedom from the influence of alcohol, tobacco, stimulating drinks and drugs of any kind, is indispensable to a high degree of virility, as you will already have realized from what I have said about them in previous chapters. Don't listen to the man who tells you that wine is a sexual stimulant. And shun also the physician who would prescribe for you strychnine or any other of the drug "aphrodisiacs" that are supposed to have a stimulating effect. Not only is over-stimulation of any kind exhausting, but these drugs have a directly destructive effect. They defeat their own purpose. Most writers tell the young man to shun the quack and apply to the family physician, but the reputable practitioner may do as much harm as the quack through drug treatment of this kind. On the other hand, however, he does not misrepresent his patient's condition and try to frighten him, as does the quack.

The medical quack is the most contemptible human parasite that walks the earth. Vampire that he is, he has neither mercy, decency nor honesty. He does not hesitate to rob his victims by any means within his power, and his greatest profit is gained by scaring young men into the belief that they have lost their manhood when they may in reality have only night losses or the slightest symptoms of varicocele, or even when they are entirely normal.

As for any "treatment" that one may receive from the quack, the victim will have reason to congratulate himself if it does not actually produce the disorder which previously may have been only imaginary. The electric-belt fraud is now a thing of the past. Even the most uneducated man on the street to-day knows that there is nothing in these worthless devices. It is sufficient for me to say here that they are not electric, for one thing, and that even if they were they would not produce the marvelous results claimed for them.

One of the first and most important of all means for acquiring virility is muscular exercise. You cannot expect to be a man in the fullest sense unless you are physically active and possess a normal and vigorous muscular development. Activity is the one great law of life, and it is only through the use of the muscular system that one can exercise and strengthen the vital and other organs. Stagnation means deterioration of every organ and tissue in the body. For building manhood, therefore, it is absolutely essential that you should make yourself physically as perfect as possible. In fact, there is nothing in the world that can take the place of muscular exercise for your purpose. So important is this feature of the treatment that I am devoting a special chapter to the subject.

Another prime essential is a strengthening and nutritious diet. One cannot build up the body without suitable food. So many mistakes in diet are made at the average table that it is necessary to give special attention to the subject. On account of the importance of this factor in virility building I am devoting a special chapter to it also.

Fresh air and outdoor life are likewise of the greatest importance. Get the oxygen into your system. Let it give you the good red coloring of the blood that signifies health and manhood. You can tell the outdoor man from the indoor man by his very appearance. The one has a healthy coloring, and looks robust and vigorous. The other is sallow and lacks the clear, bright eye and springing step that goes with superabundant vitality. He may not have the color of death itself, but his pallor approaches it. One simply cannot be at one's best unless one spends a certain part of each day in the open air. It should be two or three hours at least, and preferably more. The ideal plan for one trying to build virility would be to live and work outdoors and even to sleep outdoors. If one cannot realize this ideal, one should approach it as closely as possible. If a man works all day, there is no reason why he cannot spend his evenings at least in long walks, or in some other open-air pastime. The bicycle and the automobile have done much for the cause of open-air life, and motoring of almost any kind may be recommended on that account. The only exception would be the motor-cycle, in the case of a person with a sensitive or inflamed prostate gland.

But if one cannot be outdoors all the time, one can at least have a supply of fresh air indoors if one will only open up the place and let it in. Bring the outdoors into the house with you by opening up the windows. Nearly every one becomes accustomed in winter to rooms that are too much heated, and to air that is too dry for the good of the health. Warm air is enervating in itself, apart from the question of its impurity. Cool or cold air is energizing, invigorating. The body has the property of adjusting itself to variations of temperature, and if you keep your windows open you will soon get used to the cooler air and will enjoy a higher degree of virility both on account of the lower temperature and the better supply of oxygen. The tendency of civilization is to make man an indoor creature, and by too much confinement to destroy him. If he is not attacked by tuberculosis, at least his vitality is weakened and he offers less resistance to other disorders. We should make a lifelong fight against the devitalizing tendencies of indoor life, and by so doing we will not only prolong life but we will have more life and more virility while we live.

Many complicated systems of ventilation have been devised by the experts. Some of them work fairly well, and some of them less well. But after all there has not yet been discovered any system of ventilation that will do so much toward giving you fresh air in your rooms as the simple plan of opening the windows and letting it come in. There's genuine ventilation for you.

The value of measures for stimulating and invigorating the spine and central nervous system cannot be overestimated in connection with the building of vigorous manhood. While the central nervous system is the source of the energy with which all of the functions of the body are carried on, the relation of the generative system to the brain and nervous system is particularly intimate, as even the most uneducated person may realize from his own experiences. We all know the direct and immediate effect upon the nervous system of any abuse of the generative organs. I have already called attention to the mental and nervous symptoms arising from this cause. It is therefore important to build up the nerves and invigorate the spinal centers. Impotence, as I have pointed out, is in most cases chiefly a matter of the exhaustion or weakening of the spinal nerve-centers which control the generative organs. Appropriate spinal treatment, accordingly, together with rest for a time from any further drains upon the nervous forces, will usually be very effective.

Exercises for the back and spine, such as I shall refer to in the following chapter on exercise, are without doubt the most effective and valuable means of invigorating the spinal nerve-centers.

All the muscles, ligaments and adjacent parts are strengthened by them, and the cartilages supporting the spinal vertebræ are so strengthened and improved as to keep the vertebræ in alignment and prevent any compression of the spinal cord. Also, the circulation throughout the entire region of the spine is improved. The use of carefully devised movements and treatments for the spine in my system of Mechanical Physcultopathy (described and illustrated in Volume III of "Macfadden's Encyclopedia of Physical Culture") may be recommended in stubborn examples. Osteopathy would also be of value for many sufferers. But for the average, good results may be secured by alternate hot and cold spinal packs, and sometimes by mechanical vibration.

Hot spinal packs alone will be very effective, especially applied to the small of the back and lower part of the spine. If one desires to invigorate the entire system at the same time one may use a towel for the purpose, folding it lengthwise, so that it may cover the entire length of the spine from the back of the neck down. It should be wrung out of water just as hot as can be borne, and changed or renewed every half minute, the treatment being continued for a few minutes. The most convenient plan is to lie on the stomach when the applications are being made. When hot water is not available, cold spinal packs will be of some value, being invigorating, but not so stimulating and effective as the hot packs.

I suggest the use of mechanical vibration for what it may be worth. I do not promise results from it, but will say that it is often decidedly valuable as a means of massaging tissues that cannot otherwise be reached, and as a means of accelerating the circulation. For this particular purpose it should be applied to the spine in the region of the small of the back, upward and downward for a few inches. Vibration should not be applied directly to the sexual organs.

Suitable bathing habits are also remarkably effective in building manhood. All baths that are beneficial to the health in a general way will be useful for this purpose, as they will react favorably on one's sexual condition. The one or two warm baths with soap usually taken each week for purposes of cleanliness are helpful because healthful. For the same reason, any form of cold bathing that tends to build up the general vigor of the body and tone up the circulatory system will be helpful. Swimming is of exceptional value, but one should not stay in the water too long. It is true that one who is fairly well covered with fatty tissue can stay in water of ordinary temperature perhaps for hours at a time, without inconvenience, but the man who has no such protection—that is to say, the man who is lean and drawn—will lose too much vitality if he stays in cold water for a prolonged period.

Aside from bathing in general, however, there are special forms of bathing which have an extraordinary effect in most cases of sexual weakness. The most important of these is the cold sitz-bath, in which one sits down in eight or ten inches of water in such a way as to immerse only the hips and pelvic region. This bath can be taken in any ordinary bath-tub or wash-tub, by keeping the feet up and out of the water, although special tubs are made for the purpose.

The cold sitz-bath has a most remarkable tonic effect upon the whole system as well as upon the parts locally affected. This is probably due in part to the important sympathetic nerve plexus in the abdomen. The generative organs are particularly invigorated by this treatment; all of the tissues are toned up, the circulation is improved and one acquires a sense of life and strength throughout the entire region. The cold sitz-bath is usually very effective in a case of piles, and usually has a favorable effect also in constipation. It is practically all that is needed in most cases of varicocele.

I have already referred to the sitz-bath in some of the preceding chapters. In many cases of complete impotence or atrophy of the testicles, a more stimulating treatment is desired in the form of alternate hot and cold sitz-baths. In that event, if one has only one tub, local sponging with hot and cold water alternately, concluding with a cold sitz-bath, might answer the purpose. In case of an inflamed prostate gland, or extreme irritability of the urethra and other parts, a hot sitz-bath will be best. It is also useful in occasional instances of seminal losses, followed by a quick cold sponging of the genitals. Taking it all around, the sitz-bath is the most reliable and satisfactory hydropathic treatment for building virility. One may remain in it anywhere from one to five minutes, according to the temperature of the water, and it should follow one's exercises. The best plan is to take the sitz-bath in the morning, though this is not a rigid rule. As a general thing the hot sitz-bath, if one uses it, is best taken in the evening.

Another very satisfactory form of local treatment is the application of water by means of a small hand-spray, consisting of a small shower attachment on the end of a rubber tube, which may be attached to the bath-tub faucet. This is an extremely handy arrangement for any cold-water treatment, and in cases of impotence or prematurity good results may often be secured by directing the stream of cold water against the perineum, just back of the scrotum, thus affecting the prostate and posterior urethra. By a careful adjustment of the running water one may be able to use this hand-spray for alternate hot and cold treatment. In a case of varicocele or impotence a small piece of ice, held for a few moments at a time against the perineum, and also moved around over the scrotum, would be of use. One should not prolong this ice treatment, and it will be less uncomfortable if the ice is wrapped in a small piece of cloth, perhaps a handkerchief.

Air baths are very important in virility building. They tone up the nervous system in a surprising manner and often help greatly in curing sleeplessness. In our customary clothing we usually smother the skin, not only through the overheating of the body, but by excluding it from contact with the air. The skin actually breathes in a manner, through its function of eliminating impurities. This duty is carried on in the most satisfactory manner only under natural conditions, or in other words, when the skin is exposed to the air. Daily air baths, therefore, are of great value. The lower part of the trunk in particular should be exposed to the air as much as possible, and tight clothing in this region is undoubtedly detrimental to a serious degree. Clothing should not be tight about the crotch, abdomen and hips. The ideal costume is the Scotch kilt, for this permits of a circulation of air in this region. But however you may dress, you should try to take air baths as often as possible. When alone in your own room, for instance, for some time before going to bed, it is always possible to take an air bath of considerable duration. You can do it when writing letters, studying, or working at anything. It is an important feature of the treatment.

Dry rubbing, or what I should call a friction bath, is a very valuable treatment for toning up the nerves and health. Rub the surface of the entire body vigorously with a rough Turkish towel, or with a pair of soft brushes, until the skin takes on a pink glow. The rubbing will give you a little more exercise, and the effect on the skin is pronounced. In many cases it will overcome the tendency to pimples, and it always makes the skin soft and smooth. The friction not only stimulates the eliminative function of the skin, but it also tones up or wakes up the nervous system, because of the myriads of tiny nerve-endings located in the cuticle. One should spend about five minutes on this friction bath, going over the entire surface of the body.

Sun baths are also invaluable as a stimulating factor in sexual debility. All the energy found in the various forms of life on the earth comes from the sun. It is the great energizing principle. The sun's rays upon the body directly increase metabolism or cell-activity. They stimulate the nervous forces. In fact, direct sunshine is so powerful a stimulant that it is easy to get too much of it. An excess of the vertical rays of the sun has a destructive effect, and will actually kill a white man in the tropics. Therefore some care may be necessary in the beginning. A fair-skinned person does not need so much exposure to the sun's rays as one of dark complexion, and cannot stand so much. But the sunshine is such an effective vitalizing agency that one should not fail to take advantage of the free treatment thus available. You can take your sun bath and air bath together if you have a window through which the sunshine comes in. Particularly is it a good plan to expose the sexual organs directly to the rays of the sun for at least a short time each day. In a case of impotence, weakness or atrophy of the organs I believe this treatment will do much toward awakening new life and activity of the glands. In sterility of the functional kind, due to a devitalized condition, the sun bath should be very effective.

Men who work may not be able to take advantage of the sun's rays at all times of the year, but usually they can contrive to do so on Sundays. In any event one's clothing may be adapted to one's requirements in this respect. Black is very unsuitable. By wearing a light gray or tan, of porous character, it may be possible to let a good deal of the sunshine reach the skin through the clothing. Especially in summer, one can practically take a sun bath through one's clothing if one is dressed properly. The light silk and linen suits recently much worn by men in summer are highly to be recommended. Furthermore, by wearing clothing of loose, open weave at all times of the year, the skin may be more or less ventilated even when one has one's clothing on. Both underwear and external garments should have this porous, loosely woven character. Such goods are also much warmer than closer weaves. Avoid the tightly woven goods. A sweater is usually better than an overcoat.

The same considerations apply to bed covering. While one naturally desires to be comfortably warm in bed, one should not be overheated. Cotton comforters tend to become matted and are heavy in proportion to warmth. Blankets have the porous, loosely-woven character desirable for body coverings, and are to be preferred. The best plan of all, however, is to enjoy an air-bath in bed throughout the night, by sleeping without a night-shirt, and by using a simple device to lift the coverings up from the body in the center of the bed. This can be accomplished by pinning a very large safety-pin, or horse-blanket safety-pin, through the middle of the bed coverings, and then running through this a string which is tied at each end to the top of the foot and the top of the head of the bedstead. In this way the bed coverings will be made to take somewhat the form of a low tent, with an air chamber underneath in which one can sleep. Such a nightly air bath will help you greatly, if you can keep warm, which, of course, is essential. If you feel the need of a special covering for arms and shoulders, you might cut off a night shirt at about the waist line or around the chest, thus leaving the rest of the body exposed to the air. I have given more details of this device, together with an illustration, in my book, "Vitality Supreme," but I think I have made the idea clear enough here.

All other influences that bear upon health and vitality building must be kept in mind in connection with the building of manhood and the cure of sexual disorders. One of the most essential of these is sleep. Nothing will avail unless you get sufficient sleep to keep up your vitality and energy. Going to bed late is one of the greatest American vices. Thousands who would not think of drinking or dissipating in any other way will dissipate in this manner. Don't lose sleep even to read poetry, philosophy or religious books. It is dissipation. Get to bed. And sleep in the fresh air. If you can possibly arrange it, sleep outdoors. Fix up a couch on the roof, on the balcony, or anywhere you can, so long as it is out of the house. Try it. Do it not only for the benefit, but for the pleasure of it. You will enjoy it as you never enjoyed sleep before, because you will sleep as you never did before. And it will give you vitality.

Wholesome recreations that do not overtax the nerve forces, and which do not devitalize because they are too exciting, are advisable. Avoid excitement of any kind, but find as much happiness as you can in your pleasures and in your work. Cultivate the laugh cure. Practice singing at every opportunity. Find congenial friends. If possible find outdoor work, and avoid exhausting your strength through overwork of any kind. If you do physical work you need have little fear. But if you do mental work, with the expenditure of much nervous energy, see that you balance it off by being outdoors all the time when not at work, and by sleeping outdoors. In short, do everything that tends to build up general bodily vigor and strong nerves.

Remember you cannot expect to get results by following a part of this advice and ignoring the rest. Don't think that you will improve if you simply take cold sitz-baths and neglect the rest of the treatment. All of these measures, as far as they are required for your individual needs, should be closely and persistently followed out. Everything I have mentioned is important, and most of all exercise, which I will take up in the next chapter. If you make up your mind to make a man of yourself, and stick to it like a man, I can promise that unless your case is extraordinary you will succeed in building up a degree of energy and manhood of which you will never need to be ashamed, and of which you may even have good reason to be proud.

CHAPTER XXX

Exercises for Building Virility

I HAVE in the past devoted a great deal of attention to what I consider the great importance of exercise in the building of virility. Whenever you add to your vitality you increase your nervous energy and in consequence add to the virile powers of the body. The more perfect you make yourself as a man, the more complete you will become in every way and the more you will have to perpetuate. If you are so fragile and defective that you are not worth perpetuating, then as a natural consequence you lose, or never develop, the virile powers of perfect manhood.

Physical activity means exercise for the internal organs as well as for the muscles, and therefore every cell in the body partakes of the benefit. Through the influence on the circulation, exercise has the effect of flushing all parts of the body with fresh, pure, oxygenated blood and thus has an internal cleansing effect. Dead cells and waste matter are carried away, new building material is supplied, oxygen is brought to every tissue and cell in the most remote extremities, and accordingly every tissue and every cell is filled with life and energy.

Muscular stagnation means a wasting away of the muscles themselves, but it also means much more than this. It means sluggish circulation and a poorer quality of blood. It means inactivity and imperfect functioning of the various vital organs. It means also a lessening of virility. No man can be sexually normal unless he is physically vigorous and fully alive in every respect. The physical weakling either is or shortly becomes a sexual weakling, for impotence tends to follow directly upon long-continued muscular inactivity. The man who so degenerates in respect to his all-round physical vigor that he is only a mockery of a man is no longer fit and worthy to perpetuate his kind, and the functional channel through which propagation is accomplished deteriorates accordingly.

Therefore, in order to regain your lost manhood, if you have been weakened in this respect, make up your mind to adopt a suitable course of physical training with a view to making a real man of yourself from a muscular or athletic standpoint. You may rest assured that by the time you have reached the general physical condition and vigor of an athlete you will have little to complain of in respect to your sexual condition.

Carrying this idea of exercise as a body and vitality builder to its logical conclusion with reference to this subject, I have recently carried out some studies and experiments which have resulted in some remarkable discoveries in connection with the development of unusual virility. As I have often explained, virility depends to a large extent upon nervous energy, the harmonious working of the nervous powers of the body. The sexual system and the general physical organism act and react upon each other in accordance with the condition of each. For instance, if you are suffering from spermatorrhea, or from any losses due to the weakness of the muscles of the glands that are intended to retain the life-giving fluids of the body, such losses will naturally affect the general physical organism quite materially. Every drop of these vital fluids is weighted with a tremendous amount of energy, and their loss represents so much wasted force.

The problem is to restore the vigorous muscular tone of this organ and increase the strength of the entire generative system, including the ejaculatory ducts, the seminal vesicles and the posterior urethra. Remember also that seminal losses, particularly in spermatorrhea, and prostatorrhea as well, result from a weakened condition of these parts. The loss of prostate fluid is due entirely to a relaxed and dilated condition of the prostatic ducts. It is essential that these should be contracted, and that all the tissues, muscles and nerves involved should be toned up. Local cold-water treatment, exercises that promote the circulation, and all helpful influences generally, will tend to restore these tissues to a normal condition. But exercise of these parts themselves will directly strengthen them, and that is the purpose of the new method of which I am speaking.

The idea occurred to me that if means could be found actually to exercise the muscular tissue of the prostate gland, great advantages would be secured thereby. The location of the prostate gland itself indicates what to my mind is a wise provision on the part of the Creator for the purpose of maintaining the functional vigor of this very important organ. It is well known that if a muscle lies inactive for an indefinite time it becomes soft and flaccid or, even, in some cases, entirely loses its power. Now, the peculiar location of the prostate gland—surrounding the urethra at the neck of the bladder—insures that it is exercised every day, to a certain extent in connection with the passage of the urine. That this remarkable provision of nature is designed to maintain virility in spite of continence continued over a very prolonged period seems very clear. The means of further exercising this gland was easily learned.

You have probably noticed that you have some degree of control over these parts, for probably every one immediately at the end of the act of urinating tries to force out of the urethral canal the few remaining drops by means of a muscular contraction at the neck of the bladder and in the region of the perineum generally. The muscles concerned you can learn to contract voluntarily, and as you practice the exercise you will find that you do it better and better.

There is little need for going into details about the value of exercises of this sort. They have been found in practice to be unusually helpful, and their value will be self-evident to any one who cares to give the idea a brief trial. I am therefore offering a series of what might be termed internal tensing movements, or "Prostate Gland Tensing Movements," the object of which is the acceleration of the circulation and the improvement of the tissues directly affecting sexuality.

Also, while searching for more definite knowledge on this most important subject, I noted the location of the nerves of the spine that radiate to the sexual organs. It seemed conclusive to me that by exercising this particular part of the spine in a vigorous manner, these nerves would be stimulated to function more vigorously and perfectly, thus increasing virility and general stamina. In what is known as the upper lumbar region of the spine, at about "the small" of the back, are located the vertebræ from which issue the spinal nerves that control and supply the energy for the entire sexual system. I am, accordingly, including in this list of exercises some very effective movements for strengthening and stimulating this particular part of the back. They have been named "Lower Spinal Tensing Movements."

Phrenologists have maintained that the seat of the affections, or the emotions influenced by the sexual system, is located at the lower back part of the brain. Now, there is no method of directly exercising the brain in the manner that we exercise a muscle, but the idea occurred to me that by strengthening the muscles at the base of the skull, that is, those located at the back of the neck, one would, to a certain extent, influence the sexual function. I am therefore presenting a method of exercising these muscles under the head of "Upper Spinal Tensing Movements." In addition I am suggesting some entirely new ideas for exercising the muscular tissue adjacent to the sexual system which will undoubtedly have a very decided effect if done regularly. Please note, however, that if there is any doubt as to the condition of the heart, kidneys and blood pressure an examination by a dependable physician in sympathy with these theories is suggested.

PROSTATE GLAND TENSING MOVEMENTS

The best way to acquire the ability to tense the muscles of the prostate gland is to stop the passage of the urine frequently when evacuating the bladder. The muscles concerned are those used to check or control the flow of the urine, and after you have acquired the ability to tense these muscles at will, it will be advisable each time immediately after passing water to tense them from five to ten times, according to your inclination. Don't overdo the exercise. An error of this sort might result in an enlarged prostate, and this is far from pleasant. There are other internal muscles in this region which should also be included in these contractions, particularly those about the rectum and anus. I do not refer here to those voluntary muscles in the abdomen with which one sometimes assists in the movement of the bowels, but rather to those with which one resists the impulse to move the bowels. Get control of these and learn to contract or tense them vigorously along with the muscles of the prostate gland and surrounding parts.

A few contractions of these tissues will not count for much, but if you make the movements frequently it will mean a great improvement in the course of a little time. You can practice them when sitting at a desk, and you will perhaps find that you can contract the muscles more vigorously if you press the knees together at the same time, or cross the legs. You might make it a rule to do this not only after urinating, but also ten or twenty times morning, noon and night, and perhaps at other times during the day.

It is a good plan also, at frequent intervals when urinating, to use considerable effort with a view to forcing out the urine as fast as possible. This of course to a certain extent exercises all these muscles, in addition to the muscular tissues of the bladder and abdomen generally. I consider this plan invaluable in the treatment of stricture, since forcing the stream in this manner is naturally inclined to enlarge the opening and assist in remedying any obstruction of the passage.

LOWER SPINAL TENSING MOVEMENTS

To acquire the ability to tense the muscles of the lower spine place the end of one finger upon the spinous process or bony structure of the spine in the small of the back, and the other fingers on the muscles on each side. Then, through the mere effort of your will, tense the muscles in this region vigorously. You may find this difficult at first, but if you are fairly muscular, you will soon secure full control of these muscles. You should practice these tensing movements or contractions of the muscles until tired two or three times a day, or whenever you find it convenient. The exercise can be taken when slightly bent forward, while standing erect, or while lying down. If you practice them with sufficient regularity you will actually be amazed at the change in the character of the muscular tissue in the small of the back. Furthermore, you will notice a tendency to stand erect, and an absence of that weakness of the spine which is such a tremendous handicap to those suffering from sexual weakness of any sort. Later in this chapter I shall refer to some supplementary exercises for the spine, for those who have time, but I would particularly urge careful attention to these spinal tensing movements in all cases. Practice them faithfully and persistently if you wish good results.

UPPER SPINAL TENSING MOVEMENTS

Control of the upper spinal muscles may be acquired in the same manner as in the case of the lower ones. Place the fingers on the back of the neck just below the base of the skull, and endeavor, through an effort of the will, to tense the muscles, avoiding as far as possible any contraction of the muscles in the front of the neck. Give your entire attention to the muscles on the back of the neck. "Concentrate" your thoughts there. If the muscles are well developed, little effort will be required to obtain full control of them; otherwise it may take some time. When you are able to tense them at will, you will not need to depend upon placing your hand thereon. You can tell by the feeling of the muscles themselves that they are being properly tensed.

The exercise can be taken while sitting, standing or reclining, though as a rule control is more easily obtained in the beginning in a standing position. It may be repeated two or three times a day, or whenever convenient, provided that your efforts are not continued beyond ordinary fatigue at any time.

The exercising of the spinal muscles has a tendency to strengthen and stimulate the spine generally, and this also must react favorably upon the sexual system. At the same time the use of these muscles will tend to make you sit and stand more erect, giving you a better and more manly appearance, and all this has a mental effect outside of its physiological influence.

In addition to these special exercises, I would particularly suggest the following movements which are entirely new and which can be strongly recommended for the building of virility. Each one of these movements may be taken at almost any time of the day when convenient, and may be continued until a feeling of fatigue is induced.

BEARING-DOWN EXERCISE

This movement has a peculiarly beneficial effect upon the internal organs located in the lower part of the abdominal region. It consists in bearing down slightly just as one would when endeavoring to move the bowels. Care should of course be taken when beginning this exercise to avoid strain of any kind, especially in the case of one suffering from spermatorrhea or from rupture. In fact, when these two complaints are present it might be well to avoid the exercise altogether, or at least to do it very lightly and infrequently. What is termed "straining at stool" is supposed to be injurious when there is the slightest tendency toward spermatorrhea, but in the exercise as above described there need be no strain, merely pressure that can be regulated in such a manner as to avoid strain of any sort. Continue the movement each time until a slight feeling of fatigue is noticed.

DRAWING IN THE ABDOMEN

This exercise is of special value in increasing abdominal strength, and consists simply in the drawing in of the lower abdominal region to the fullest extent of your capacity. If one is not fairly well developed in this region the exercise may be difficult at first, but by practice you will soon be able to obtain full control over these muscles. Draw the abdomen in as far as you possibly can, relax, and then repeat the exercise, continuing until a sense of fatigue is noticed.

HIP TENSING EXERCISE

The easiest way to learn this exercise is to attempt it when standing erect. Tense the muscles of the extreme upper legs and of the buttocks, placing the hands on the muscles so that you may be able to determine whether or not you are properly performing the exercise. When correctly executed, you will feel the muscles harden under your touch each time you tense them. The circulation of the blood through the hips and upper legs is very greatly accelerated by this movement, and the improvement in the quality of the tissues adjacent to the sexual parts undoubtedly has an influence of special value.

SPINE STRETCHING EXERCISE

The object of this exercise is to stretch and tense the spine throughout its entire length, thus arousing to greater activity practically every organ of the body, and one of its advantages is that it can be taken anywhere, whether sitting, standing or walking. Simply endeavor to bring the head upward and backward as far as you can, stretching the spine and flexing its muscles throughout its every part as vigorously as you possibly can. Relax and repeat the exercise until a feeling of fatigue is induced.

I regard the above exercise as being of unusual importance in virility building, and have therefore called special attention to them, but, of course, additional exercises will help. The movements referred to in the few pages following may be regarded as supplementary. If you have time enough, you can map out an exclusive course of training. But if your strength is limited in the beginning, or if you have very little time, you will get most benefit from the special exercises outlined above.

Now taking up ordinary exercises for the external muscles, I may say that there are two or even three types which should receive careful attention: first, special movements which affect the sexual region in a stimulating manner; second, general exercises for all-around bodily vigor; and third, additional spinal exercises for stimulating the nervous system and thus reacting upon the generative system.

The first type of exercises, consisting of special movements of a stimulating nature, are particularly valuable in the treatment of varicocele, and are useful also in the case of impotence or "lost manhood." In the case of those suffering from masturbation, night losses, spermatorrhea or prematurity, in whom there is already overstimulation of the sex organs they are of value but not so desirable as in the former conditions. These cases especially require the general exercises for all-round vigor. The exercises for the spine are valuable in every instance.

The special stimulating exercises of most value for local strengthening of the sex organs, are those which bring into action the muscles of the adjacent parts of the body, notably the abdomen, the hips and the upper thighs, especially the adductor muscles of the thighs. Such exercises not only strengthen the particular muscles concerned, but they also strengthen and increase the circulation in all the adjacent organs and tissues.

These special exercises will naturally consist of such movements as the following: Lying on the back, raise the hips off the floor as high as posible. Lying on the stomach, raise legs and shoulders high from the floor, with hands behind the back. Lying on the back, flex the knees tightly against the abdomen, either one at a time, or both together. Lying on the back, raise the legs to perpendicular position. Lying on the back, raise one leg at a time to the perpendicular, then endeavor to swing it inward across the body. Lying on the right side, place the weight of the lower body on the left or upper foot, and try to raise the hips slightly. Similar movement on left side. Lying on the back, with feet held firm, rise to sitting position. Lying on the side, swing the upper leg upward as high as possible. Lying face downward, raise one leg at a time upward and backward as high as possible. Lying on the back, swing the right leg over the left and stretch it as far across to the left as you can. Same with left leg to the right side. Lying on the back, with knees doubled against chest, kick upward alternately with each leg. Better yet if a heavy pillow is placed under the hips to elevate them.

Any other exercise that you may devise that affects the same general region of the body may be used. Any movements of the legs that involve the "scissors" action, or which approach the acrobatic feat known as the "split," will more or less affect this region. Swimming is a capital exercise because the action of the legs, whether it be in the scissors or frog kick, is exactly suited to the requirements under consideration, and in fact swimming is of unusual value in building general vitality as well as virility. Fast running is also effective in the same way, but it is such a violent exercise for a debilitated man that he must be very careful in the beginning not to exhaust himself. High kicking is another exercise which may be commended, like running, after one has gained a material degree of strength. High kicking would be suggested in a case of varicocele, if there is not too much tenderness and pain.

In a case of varicocele or much congestion of the prostate gland, it might be advantageous to relieve the blood pressure in this region, at least so far as the veins are concerned, by assuming an upside-down position for two or three minutes at a time, and by executing some special exercises in that position. An elevated position of the hips, secured through the use of pillows, or lying on an inclined plane, head downward, would be satisfactory; or, what would be a little more strenuous but also more effective, you could assume a position balanced on the shoulders and back of the head. Lying first on the back, raise the legs, extending them upward and raising the hips and back until you can rest the elbows on the floor and support the small of the back at each side with your hands, practically standing on the back of your shoulders. In this position you can spread the legs apart and bring them together again, execute a scissors movement, double the legs and then kick them up, and perform other movements which you may be able to work out for yourself. This position and these exercises will tend to get the stagnant blood out of the congested parts. Remember that in the upright position of the body peculiar to the human race there is a considerable column of blood in the large veins which must be forced upward to the heart. The large abdominal veins are sometimes greatly distended, with much pressure. The above position will relieve this and favor the movement of the blood in the smaller congested veins. I would particularly recommend this treatment when a case of varicocele is accompanied by much pain.

Usually if the heart and other organs are healthy and in tone it will be desirable to combine the special exercises which I have described with general body-building movements. For in all cases one must build all-round bodily vigor. It would be best to use the general and spinal exercises first each morning, then after the general circulation has been aroused, to take the special exercises for the purpose of concentrating the circulation, to some extent, in the region of the genital organs. Finally take a friction rub and a cold sitz-bath. Altogether, this might take up thirty or forty minutes, perhaps less. Don't be too strenuous at first, for all these exercises are very effective. Don't continue to the point of exhaustion. Feel your way carefully in the matter of exercise, and gradually become more energetic. As I have said, when the sex organs are already over-stimulated, as in masturbation, seminal losses and prematurity, it will be just as well to avoid the special exercises, and confine yourself to the spinal movements and those for general body building.

A form of exercise or massage which will be found stimulating in cases of complete impotence, is percussion of the abdomen. This is particularly effective in relieving constipation, and will also help a weak bladder and influence the prostate gland. It consists in a rapid tapping or pounding of the abdomen with the tips of the fingers, the sides of the hands, or the fists, according to how strong you may be and how vigorous you desire to make the treatment. But it should not be attempted when there is inflammation or congestion of any of the parts, or if one suffers from seminal losses.

We now come to the subject of general exercises for building all-round bodily vigor which are necessary in every case, of whatsoever kind. It is not my purpose to insist upon any particular kind of movements for this purpose, because you may choose to vary your exercise for the sake of interest. The kind of general exercise does not matter so much as the fact that you actually get it, and thus build general strength. Build up every part of the body as thoroughly as possible.

In order that you may not overlook the importance of this, let me emphasize again with all possible force, the intimate relation between general physical weakness and sexual debility. The muscular weakling positively cannot expect to become sexually vigorous until he builds up a robust condition of body.

I am convinced, in fact, that it is practically impossible for one to continue to suffer from a disorder like varicocele, prostatic congestion, or congestion of any other part of the body, if he daily engages in a sufficient amount of athletic exercise to keep the blood circulating vigorously for any length of time. Without any special treatment the improvement in the general circulation would inevitably restore a normal circulation and a healthy condition in the diseased parts. In other words, the athletic man may not only endure more abuse, but he can the more readily overcome the results of any abuse which he may have suffered. I can promise that long-continued and active exercise like distance running, tennis, handball, clog dancing, rope skipping, or very fast walking, by bringing about and maintaining for two or three hours at a time an unusually active circulation throughout every minute tissue of the body, would very quickly dispose of any case of varicocele, or congestion of the urethra, prostate or other parts. If you can take daily exercise of this kind, almost athletic in character, in connection with any special or development exercise needed, and thereby influence the general circulation in this way for two or three hours at a time, you will find that it will exert a powerful curative influence.

I realize that the sexually weak man is usually too debilitated at first to follow out any such vigorous program. He should not attempt it in the beginning. But it represents the ideal toward which he should work. He should gradually build himself up until he has attained this athletic quality and his body is a picture of normal muscular development. This is possible at any age. Don't think that you have to be under twenty or any other age to develop yourself.

Above everything I recommend walking as a constitutional tonic and general exercise for building endurance and vital stamina. If you are not strong, start in with moderate walks, continuing only until slightly fatigued. Don't half-kill yourself. Each day slightly increase the distance until you are able to cover ten or fifteen miles without special inconvenience. You should reach that condition in three months in most cases, perhaps sooner, and when you can walk ten miles without being tired you will be making fine progress. Don't poke along in a lazy manner. Step out briskly, so as to induce deep breathing and even perspiration. That's the kind of walk that will build vitality.

Do not forget what I have said about the tonic effect of outdoor life of any kind. Try to live in the open for a time, and as you get stronger indulge in as many open-air pastimes as you can. Splitting wood I consider an ideal strength-building exercise, but don't exhaust yourself in the beginning. Pitching hay is another superb exercise, and farm work in general can be recommended. Climbing trees, if you are in the country, is one of the most pleasant and most satisfactory exercises that I can suggest. Swimming I have already mentioned. But as you become sufficiently vigorous I would by all means recommend such energetic games as handball, tennis, baseball, football, hockey, boxing, and wrestling. Horseback riding is of doubtful value in cases in which there is congestion or irritability of the prostate gland, or possibly aggravated varicocele. Remember that open-air life builds nerve strength, as well as muscular vigor, and that you particularly need to build up the nervous forces of the body.

The spinal exercises are of exceptional importance as a means of invigorating the central nervous system. To the spinal tensing movements which I have specially advised, you may add other exercises which affect the muscles and ligaments of the back, and especially those which tend to stretch the back bone. In fact, all body-stretching and trunk-bending exercises may be considered as suitable for the spine, but for the present purpose one should give particular attention to movements that affect the small of the back. While hanging by the hands from some support, preferably against the side of a high fence, wall or door, bend or raise the legs far backward from the hips. This affects the lower spine. Also, for the same purpose, lying face downward, and holding the shoulders down by taking hold of something, raise the legs as high as you can from the hips. Lying face down, with legs held down, raise head, shoulders and chest as high as you can. Standing with hands on hips, feet apart, bend far backward and forward; also twist, from the waist, far to each side. Then circle the body around, rotating from the hips, first in one direction, then in the other. While stretching the back, with arms high above the head, bend far to each side. All of these movements will directly affect the part of the spine that you desire to influence for this purpose, though of course other exercises for the upper spine, including neck bending and stretching, will naturally help, through their general stimulating effect upon the entire nervous system. I may say that I have given considerable attention to spinal exercises in my book, "Vitality Supreme," but those I have mentioned here will cover your needs for the purpose under consideration. Perform each movement only a few times, for they are extremely energizing and effective, but don't be lazy in their execution.

The time to take your exercise will depend somewhat upon your work. It may sometimes be necessary to take it in the evening. I would lay down no rules, except that it is not best to exercise just before going to bed when you find it too stimulating. A good plan in most cases is to do the formal exercises in the morning, first general development movements, then spinal exercises, then the special movements, following them by a quick friction rub and a cold sitz-bath. If the cold sitz is not suited to your case, take a cold sponge bath instead. Take your walk or other outdoor exercise later in the day, preferably late in the afternoon, but in the evening if your work makes this necessary.

CHAPTER XXXI

Foods that Help to Build Virile Stamina

A WHOLESOME, strengthening diet is one of the first requirements of virility building. You cannot build without satisfactory building material. And you cannot expect to build vitality and manly vigor on a diet of white bread, coffee and denatured food. You will need foods that are well supplied with the elements that give strength and stamina. Particularly when there has been a heavy drain upon the system through seminal losses, is it necessary to have the very best food to make up for it. The seminal secretion is a rich and highly phosphorized fluid, and it is of the utmost importance in this condition that the diet should offer an abundance of the organic mineral salts that have been steadily drained away.

I may say that all foods which are best for the building of health, pure blood and vitality are also best for virility building, except that in the latter case the diet is of even more importance than in the former. One should avoid fancy, complicated dishes, and adhere as nearly as possible to a selection of plain, wholesome foods, eaten as nearly as possible in their natural condition.

If you would really eat natural foods, they would practically solve the whole problem. Civilized people commonly destroy the best part of their food by the process of refining, or by improper cooking. It is refined flour, refined sugar, polished rice and similarly denatured foods, until one has left nothing but the pure starch or other carbohydrate, and the nerves and bones and blood are starved—literally, actually starved of the elements which they need most. On this account I advocate using as much uncooked, fresh, natural food as possible. Use fruit fresh and uncooked, salads of lettuce, celery, tomatoes, onions, water-cress, cabbage, and other green vegetables, together with nuts, eggs and milk, or any other food that you find palatable in a raw state. Be sure that you enjoy and so digest everything you eat.

Fruits and green vegetables contain a good proportion of phosphorus, iron, lime and other necessary minerals in their organic form. Many of these elements are very poisonous in their mineral or inorganic form, but in the organic form are indispensable to our health. Get enough of them. You will find them in vegetables like spinach, string beans, squash, cauliflower and others that grow above the ground. You will also find them in vegetables that grow in the ground, though the latter have a larger percentage of starch and so are suited for winter consumption. The trouble is that in the cooking of vegetables nearly every one boils them and throws away the water in which the minerals are largely dissolved, thus losing the most valuable elements they contain, and most of the flavor. It is stupid. The liquid in which foods are cooked should be eaten with them. Better bake all vegetables that can be baked.

White bread is not only constipating, but it lacks these organic minerals. Eat bread made from the natural flour of the wheat, the whole wheat berry ground up. There are now many concerns making whole-wheat flour. And if you must eat sugar, use the dark brown, which has not been refined to death. For syrup, use the old-fashioned New Orleans molasses. Always read labels carefully, for the name of objectionable ingredients is usually printed in very fine letters. Better avoid sugar and syrup entirely, and when you must have sweets, use honey, dates, figs, raisins and natural sweets of that type.

I need hardly say that one should avoid tea, coffee and stimulating foods of every kind, as well as alcoholic beverages. In short, the diet should be of a non-stimulating character generally. Pepper, hot sauces and condiments of all kinds should be eliminated from the diet. I would not attempt to outline menus or name foods for everybody, since individual needs must be considered. The appetite in all cases must be considered.

Over-eating is a great mistake, and you can avoid it by using chiefly uncooked foods. Eating without appetite is a still greater crime against the stomach. If necessary, eat fruit only for breakfast, with two meals per day of solid food. Many debilitated persons lack appetite. The remedy is more outdoor air and more sleep. Sleep, the open air and appropriate exercise will give any one an appetite.

Apart from these general considerations, however, those who are sexually over-stimulated will require a diet different in certain respects from those who need building up in this particular way.

In other words, the impotent and sexually debilitated man, especially if over forty years of age, will require a rather full diet, with a fairly liberal allowance of meat, eggs and other proteid foods. But the sexually over-stimulated young man, who suffers from seminal losses, masturbation, or prematurity, should be very sparing with meat, and use eggs in great moderation.

There is no doubt about the stimulating character of meat, and especially the red meats. The impotent man, therefore, or the man who is greatly debilitated sexually, may advantageously use steaks, roast beef, chops and meats of that character, though, of course, he should not "stuff." Poultry, fish and sea food will be found less stimulating, but valuable. He may use eggs to the full extent of his appetite for them. He may use milk, if he enjoys it and it agrees with him.

An exclusive milk diet would even be an excellent treatment in many cases of this kind if continued for three or four months and combined with rest and outdoor air. The milk diet would not only supply the proteids in such a quantity as to stimulate seminal secretion, but milk is so well supplied with lime, phosphorus and the mineral salts in an available form as to promote the rapid building up of the body and the toning up of all functions.

Those who do not like fresh milk will usually profit by drinking buttermilk or fermented milk, and will digest it better. In recommending milk and eggs I do not mean to imply that they are stimulating in the usual sense, but that they supply in a liberal quantity the food elements that help to build sexual strength.

On the other hand, one who has to contend with night losses or masturbation would do well to follow a vegetarian diet and to avoid eggs entirely or use them in moderation. He should not even use much fish or poultry, although these are less objectionable for his purpose and he may indulge in them to a limited extent. I do not mean that one should deprive oneself of all proteid foods. I would especially recommend buttermilk, or fermented milk, to supply these elements in such a case though in some cases one may prefer the fresh milk. Nuts are valuable for their proteid supply, and are non-stimulating. They are so rich that you need only a few.

The diet has much to do with constipation, and since this condition is partly the cause of many sexual disorders, and at least greatly aggravates many others, it should have special attention. White bread is the one greatest cause of constipation. Use whole-wheat bread, graham bread or bran bread. Bran muffins are excellent. Use bran stirred in with your cereal breakfast food, if you use it. If constipated, avoid cheese, macaroni, rice, tapioca and other excessively starchy food. Oatmeal and whole-grain cereals are advantageous. One bowl each day of uncooked rolled oats or of crushed or flaked wheat eaten with dates, figs or raisins, but preferably figs, and a little cream, would help greatly, being alone sufficient to cure most cases of constipation. Fruits and vegetables should be used freely. Eat apples, oranges, grape-fruit, peaches, plums, melons and other fresh fruits as plentifully as you wish. One's water-drinking habits are closely associated with the action of the bowels. If you drink enough you are not likely to be troubled with constipation. If you get enough exercise you will naturally drink freely, but if not, you should cultivate the water-drinking habit. Don't use water too cold. Hot water is best of all. In fact, the best measure for overcoming constipation that I can suggest is the combination of free hot-water-drinking and exercise in the morning which I have described in my book, "Vitality Supreme." Use an enema in an emergency, but don't use drugs. Cathartics only make the condition more obstinate, in spite of the temporary relief they give. If your diet is right, and you take enough exercise and drink enough water, it should not be necessary even to resort to the use of enemas.

If you have any special trouble with your digestion, it may be necessary for you to make a more detailed and extended study of food and diet. In the average case, however, I believe that the suggestions which I have given here will be sufficient. Always chew your food thoroughly. It doesn't matter how fast you "chew," so long as you keep it up until the food melts in your mouth. Don't wash it down with drinks, though drink during your meal all that you may desire to satisfy thirst. Give the saliva a chance.

Remember that a non-stimulating diet that provides pure blood and builds vitality makes for a high degree of sexual strength. A highly stimulating diet may produce or provoke a "feverish" state of sexuality, but a quiet, healthy life, and plain foods, will give one far more real virility, with instincts normal and under control.

CHAPTER XXXII

Diseases of Men—Their Home Treatment

PLEASE note that we do not maintain that these instructions will take the place of a competent doctor. They can be used when one is not able to secure expert advice, or they can assist one in selecting an intelligent physician who thoroughly understands the pathology and physiology of natural treatment.

The venereal diseases are without doubt the most terrible to which humanity is at present exposed. Both because of their malignant and destructive character, and their wide-spread prevalence, they work more harm and cause more misery than any other form of disease known to the modern world. Yet, curiously and unfortunately, they have been carefully kept under cover. Our children are told about measles, mumps, scarlet fever, consumption and other "respectable" disorders, but not a word of warning is spoken on the subject of these maladies that are infinitely more dangerous and horrible.

Tuberculosis has been called the "white plague." But the venereal diseases, which claim an even greater number of victims, are rightly coming to be called the "black plagues." Among those adequately informed there is complete agreement that no plague or war in the history of the world, even including this last overwhelming conflict in Europe, has ever caused so much havoc and misery as these infections, and during the last few decades their ravages have become more alarming than ever. For conditions of civilization and city life have naturally tended to favor their spread, until now they threaten to poison the entire human race. Because of the secrecy in which the whole subject is shrouded, it is impossible to ascertain the exact facts in regard to the prevalence of these disorders, but it is reasonably certain that any estimate is likely to be below rather than above the truth.

One authority declares that there are five million syphilitic persons in the United States. Others hold that from twelve to twenty per cent. of young men become infected with this disease. As to the prevalence of gonorrhea, estimates of careful observers in armies, hospitals, dispensaries and private practice, place the number at anywhere from seventy-five to ninety per cent. of men who have reached the age of thirty.

It used to be said that venereal disease was a punishment, severe but richly deserved by the transgressor. Unfortunately, the innocent suffer as well as the guilty, and often suffer far more. Wives and children only too frequently pay the price. Gonorrhea is a far more terrible disease in a woman than in a man, and in its worst manifestations, often necessitates mutilating and unsexing operations. Yet some authorities have estimated that there are over a million innocent wives suffering from this disease in the United States, perhaps even more than the number of prostitutes afflicted with it. It is such a simple matter for the husband to infect his wife; in fact, it is almost a certainty that he will do so, if he marries with the disease still present, or contracts it after marriage. One investigator estimates that forty-five per cent. of sterility in women is due to this infection, and there is no doubt that it is responsible for seventy-five per cent. of operations on women. Blindness in the offspring is another result of this supposedly trifling disorder, for thirty per cent. of the cases of lost vision are attributable to it.

Syphilis, on the other hand, not only destroys health but disfigures, maims, makes insane and kills many of its victims, and is transmitted to their offspring. It has been called the great child murderer, being the cause of innumerable involuntary abortions, and deformities in children. From thirty to forty thousand deaths occur in this country each year from hereditary syphilis alone. A considerable proportion of all cases of apoplexy are due to syphilis of the arteries of the brain. Locomotor ataxia and the form of insanity known as paresis, or "softening of the brain," are, in practically all cases, the result of syphilis.

These diseases are sometimes called private diseases. But from the way in which they are spread they might more appropriately be called public diseases, and dealt with in a public way. No disease that is communicable is a private matter, and inasmuch as the infected one is necessarily a danger to other persons, no one has a right to contract a disease of this kind. Moreover it is not simply a matter of health, but also a question of eugenics.

Gonorrhea. This disease is very commonly known as Clap. Scientifically, it is also known as Blennorrhagia, or Specific Urethritis. It is not only the most common venereal disease, but among adult males it is the most frequent of all diseases. It is due to a very persistent microorganism known as the gonococcus, which attacks the mucous membrane of the urethra, the infection being almost invariably contracted during sexual intercourse. Any mucous membrane may be attacked, however, and when the infection reaches the eye, as it sometimes does, it produces a violent inflammation which leads to total blindness in a short time if radical treatment is not immediately adopted. One infection does not offer protection against future attacks.

Most men do not realize what a serious disorder gonorrhea really is. Some men think it a great joke. Others boast of it, thinking that it only shows what a delightful "devil of a fellow" a man is. What fools these mortals be! Many men declare that they "would just as leave have it as a bad cold." They do not think of the consequences. Even if cured, the affected mucous membranes are never quite the same afterward.

A man is never quite the same man again, according to the best authorities. Although the disease is usually a local disorder, yet the germs sometimes penetrate through the membranes and get into the blood, causing fatal septicemia. Gonorrheal rheumatism is rheumatism at its very worst, the infection invading the joints, heart, muscles, tendons or other parts. More than half the cases of rheumatism among men below middle age are of gonorrheal origin. Sudden death from heart disease is sometimes due to gonorrheal infection of the cardiac lining. The death certificate does not mention the real cause.

Infection of the innocent wife may not only blast her life and health, but may be responsible for a miscarriage, or for the infection of the eyes of her baby at birth. Blindness from this infection, which when it attacks the eyes is known as *ophthalmia neonatorum,* can be prevented only by the immediate application of a solution of nitrate of silver, which kills the germs. If this is not done the vision of the new-born child is totally destroyed in two or three days. "No worse than a bad cold!"

When gonorrhea is confined to the front end or anterior portion of the urethra, in which case it is called anterior urethritis, a reasonably quick and complete recovery may be expected if proper treatment is adopted, though even such a case may possibly be followed by stricture. But when the infection travels farther back, becoming posterior urethritis, the situation is much more serious. The disorder is then more difficult to cure and there are likely to be complications leading to permanent trouble of one kind or another.

There is a rare form of simple urethritis which is not due to the gonococcus, but is contracted as a result of the discharges of an inflamed womb, or a bad case of leucorrhea, and sometimes through intercourse during menstruation when the discharge is not of a healthy character. This of course is a mild form of infection, as compared with the gonorrheal or "specific" inflammation. Usually this simple form of urethritis is quickly cured by cleanliness, light diet or fasting, free water-drinking and general care of the health. It sometimes causes domestic trouble by giving rise to unjust suspicions and accusations.

Gonorrhea starts with inflammation, commencing in from three days to a week after exposure. The first sign is an itching or tickling at the end of the urethra. The meatus is red, there is a slight discharge of thin, grayish mucus, the organ swells somewhat and there is marked tenderness along the underside and in the reddened parts. This condition represents what may be termed the first stage, and lasts three or four days. The passage of water may be painful even at this time.

The first symptoms gradually become more marked until the second stage of severe inflammation is reached. In this the discharge becomes copious, and is of a thick, yellowish character. The end of the organ sometimes swells and becomes very red and sore in appearance. The passage of the urine now becomes excruciatingly painful, with a burning or scalding sensation. This inflammatory stage usually lasts from two to four weeks, or longer, and then gradually subsides. The third stage is the period during which the discharges and pain decline.

Naturally, it is important to limit the disease to the anterior urethra, and to avoid the infection of the prostate gland, bladder and other of the more remote structures, in which case one may be through with it in the course of a few weeks.

When the posterior urethra is involved there is greatly increased frequency of urination and more pain, though there may seem to be less discharge. There may also be retention of the urine. A good test of the location of the disease is found in the cloudiness of the urine. In anterior urethritis, the first part of the urine voided is clouded, and the last part clear, as may be seen by passing the first part into one glass, and the last part into a second glass. In posterior urethritis both first and last specimens will be clouded.

Following posterior urethritis there is always a possibility of inflammation of the bladder, and even of the kidneys, resulting in severe illness and even death in some instances. Infection of the prostate gland, at least, is probable in all such cases, and a permanent enlargement of this organ may follow. Cowper's glands may also be involved. There may be abscesses in these glands, abscess of the prostate or abscess of the kidney, The seminal vesicles may become diseased, and the infection may travel along the spermatic ducts to the testicles themselves, most frequently attacking the epididymis, the very fine, convoluted tube adjacent to the testicle which forms the beginning of the vas deferens, or duct. It is the permanent closing up of the epididymis through this inflammation that causes most cases of sterility in men.

Chordee is a very distressing symptom or complication of the inflammatory stage of gonorrhea, involving a state of painful erection, with a marked downward curve of the organ. Gentle handling is imperative in such a case; otherwise one may cause much bleeding and subsequent stricture. Local cold applications, with a hot sitz bath each evening before going to bed, are recommended.

When the prostate gland is involved and the inflammation is marked, there is likely to be more or less fever, with a sense of heat and weight, and possibly considerable pain in the perineal region. The movement of the bowels usually causes intense pain, and there may be an almost constant desire to evacuate. Very frequent urination is the rule, though there may also be retention of urine. The prostate gland, unfortunately, is a structure well adapted to serve as a hiding place for the gonococci after the disease appears to have been cured. In the recesses of this organ collections of pus cells containing the germs may linger in a dormant condition for years after the victim believes himself cured and later becoming active, may reinfect him, or, it may be, infect his innocent wife. Violent exercise or sexual indulgence may have the effect of opening up such lingering collections of gonococci.

Gleet may be regarded as a chronic form of gonorrhea in the urethra. In a normal recovery, the discharges and signs of the acute disease gradually disappear until the parts are restored to a fairly healthy condition, though even then there is likely to be a somewhat catarrhal condition of the mucous membranes. There will also be a catarrhal condition of the prostate gland in most cases, even after all the germs have been eradicated. But when the third stage of urethritis is followed by a persistent, chronic inflammation, it is known as gleet. Usually this is localized in one or more spots, and there is always danger of a stricture at such points.

The *after-effects* of gonorrhea may in different cases include impotence, sterility, stricture, spermatorrhea, prostatorrhea, sexual neurasthenia, hypochondriasis, melancholia, rheumatism, heart trouble, bladder and kidney disease and other permanent ills. "No worse than a bad cold!"

The successful treatment of gonorrhea is partly at least a matter of purifying the blood. There should be no internal drug treatment, by way of the stomach. Local medicinal treatment should be very mild. Many specialists do not believe in injections under any circumstances, because of the danger of driving the infection back into the posterior urethra, bladder and prostate gland, though there is but slight danger of this possibility.

To improve the condition of the blood rapidly, an extremely light diet, chiefly of fruit, salads and green vegetables, for two or three days at least, is necessary. Buttermilk can be recommended. In a severe case, especially one in which the prostate gland is involved, a complete fast of several days is occasionally desirable. In severe prostatitis, after a fast of five to seven days, the exclusive milk diet could be recommended, though this diet can not be recommended in active gonorrhea. Be temperate in the use of meat until all active signs of the inflammation have passed. One should be sparing in the use of eggs, nuts, beans and proteid foods generally.

The free drinking of water is especially important—the more the better. Usually one can absorb more hot water than cold, and it is well to use it hot to a large extent. Lemonade is permissible, but should not be too strong, nor too sweet. Free water-drinking from the time of exposure will usually make the attack lighter. The increased passage of urine will tend to wash out the germs of the disease, and this will still hold true after the inflammation has become active. Also, the urine will be diluted and made less irritating, thus relieving, to some extent, the scalding pain experienced when passing water.

This water-drinking is perhaps the most important single feature of the treatment, and will do much to reduce the inflammation and prevent the infection from travelling to the posterior urethra.

Rest is very important, to avoid irritating the inflamed parts and to prevent the infection from spreading to other parts. In a bad case, rest in bed is desirable. If you must be about, be as quiet as possible.

Constipation must be avoided. Keep the colon as clean and free from accumulations as possible. Warm enemas will be advantageous, especially if the prostate gland is affected.

Alcohol must be rigidly eschewed. It has an irritating and weakening effect upon the tissues. Tobacco, condiments and all stimulating drinks should be avoided. There should be no sexual indulgence, or even sexual excitement, while any traces of the disease remain. Avoid excitement of any kind, and also overheating.

The strictest cleanliness is imperative. The contagious character of the disease and the infectious nature of the discharges must be kept continually in mind. A careless person may infect his own eyes, or convey the disease to another. With his unclean hands he may soil a towel which will be the means of producing blindness in another member of his family. Towels, handkerchiefs, shirts or other articles of clothing soiled with these discharges should be thoroughly washed and sterilized, preferably by prolonged boiling. The safest plan is to wash the organ frequently with good soap and water, and to wrap the end well in aseptic absorbent cotton, to take up the discharges and protect the clothing. It is a good plan to wear a pair of swimming tights inside of the other clothing to keep these wrappings in position. Local packs of cold wet cloths will reduce the inflammation, and it is best to use cold salt water for this purpose. If convenient, it would be well to keep the organ continually wrapped in these wet salt packs, renewed as often as possible; but at least they should be used in the evening, or at any other time of the day when it is possible. All such cloths and cotton wrappings should preferably be burned. Wash the hands very thoroughly after each handling of the parts.

Much harm can be done by the use of strong injections of permanganate of potash or nitrate of silver. If injections are used the solution must be weak. Strong injections will often destroy the mucous membranes. It is important that the tissues should not be deprived of their vitality and power of resistance. A good rule to observe is to use no injection so strong that it could not also be used in the eye.

The main purpose of any injection should be cleanliness. A mild antiseptic injection may thus be useful for cleansing the membranes, flushing out the urethral canal and thus removing many of the germs. During the first stage irrigation of the canal with a very mild solution of sulphate of zinc can often immediately arrest the disease and all signs of it soon disappear. A very weak solution of permanganate of potash is often used, especially in the acute stage, just enough of the permanganate being used to color the water, but never enough to make the injection painful or even enough so that it can be felt. Painful injections are invariably detrimental. In making injections, much care should be used to introduce the liquid into the urethra gently and gradually. Injections or other medical remedial measures should be prepared by a medical or other qualified practitioner. It is not safe to tamper with remedies of this sort without knowledge of their use.

One of the most valuable remedial measures is the hot and cold sitz-baths, changing from hot to cold from three to four times. The cold water should be as cold as can be obtained, and the hot water should be as hot as can be borne without burning. Sit in hot water from three to five minutes, then quickly change, sitting in cold tub of water one or two minutes, or until the water becomes uncomfortably cold. Change in this way from hot to cold three to five times once daily. Where the inflammation is unusually severe this treatment could be advantageously taken twice daily, morning and evening.

In some severe cases mud packs if worn all night will be especially efficacious. In the third stage, when the symptoms are on the decline, the cold sitz-bath morning and evening can be recommended.

The treatment should be the same in nearly all particulars when the seminal vesicles, epididymis and other parts are involved. Improvement of the blood is always important. Gleet is uncured gonorrhea, and a little stickiness on the end of the organ is due to the same cause. The condition calls for prolonged treatment. In this chronic form of the disease plenty of exercise is desirable, which of course is the exact contrary of the requirements in the acute stages of the disease. Also, when the prostate and seminal vesicles have been diseased, a great deal of vigorous exercise is desirable after the cure, partly in order that any remaining traces of the disease may be brought to light and eradicated.

When is it safe to marry, after having suffered from gonorrhea? The question is a troublesome one, simply because of the possibility that germs may lurk in the recesses of the prostate and other parts for prolonged periods after an apparent cure has been effected. If the disease has been confined to the anterior urethra, and one is in a position to know this positively, then the question is very simple, and one is quite safe in marrying within a year after all signs of the trouble have disappeared. It might not be necessary to wait as long as that, if there remains no trace of the infection. But when the deeper structures have been affected one is not justified in considering marriage until one has been free from all active signs of the disease for at least two years, and then only when repeated careful examinations of the prostatic fluid, semen and the mucous secretions of the membranes generally, show complete freedom from any signs of the disease.

GONORRHEA.—Important features of the treatment. When the first symptoms appear, or even if suspicions of having been infected, an injection should be taken of a weak solution of sulphate of zinc or permanganate of potash. These injections should be repeated every three or four hours for the first two or three days at least, gradually lessening their frequency.

Drink very freely of pure water, cold or hot as desired. A glass every half hour or hour at least for the first few days. These precautions without any additional treatment will often destroy the germs thus curing the disease before it develops.

If the complaint persists then the hot and cold sitz-baths, as previously described, can be taken once or twice daily. Applications of cold wet towels to the affected parts should be taken at least during part of the night.

Great care should be used to avoid constipation, though usually the free drinking of water suggested will remedy this difficulty if present.

Following the very short fast advised for this disease, it is often well to satisfy the demands of the appetite for nourishing foods to build the vital vigor necessary to throw off the complaint.

Active exercise is not advised. Remain as quiet as possible at least for the first few days of the treatment.

GLEET.—Important features of treatment. The treatment of gleet depends almost entirely upon an upbuilding process for increasing the general vital strength. This naturally will include a course of exercise, together with friction baths, followed by cold baths, long walks, wholesome diet, etc.

The treatment might begin with a short fast, though this will be of little advantage further than its effects on the assimilative organs. Every function of the body must be made to perform its office in the treatment of this complaint.

In addition to this, there is one very important suggestion that is often of tremendous importance. In the chapter on exercise, page 277, you will find a movement for stimulating the prostate gland which has a decided influence on the urethral canal. This exercise, practiced two or three times a day assists very materially in remedying this troublesome complaint.

Stricture of the urethra is an abnormal constriction of the canal, interfering with the flow of urine. It is most frequently the result of gonorrhea, though it may be due to other causes. Gleet is often accompanied or followed by stricture. *Inflammatory stricture* may be a temporary condition, the result of swelling which naturally tends to obstruct or close up the canal.

Usually it yields entirely to treatment, but in a serious case may lead to *organic stricture,* which is usually a more or less permanent change in the structure of the canal. Strong chemicals or wrong doses of curative drugs used for injections may cause stricture, and tumors or deposits of foreign matter may also produce it. Masturbation, sexual excess or rough usage, causing prolonged congestion of the parts, may possibly result in such a thickening of the walls of the urethra as to obstruct the passage. *Spasmodic stricture* is of nervous origin, the constriction being caused by a muscular spasm.

In inflammatory or spasmodic stricture, a fast of a few days, combined with free water drinking, and the application of cold wet cloths to the affected parts, is especially recommended. If gonorrhea is the cause, the treatment must be directed toward the eradication of that disease, and little other will be required. Constitutional and blood-purifying treatment are essential. Whatever the cause of the condition the free drinking of water will be useful, both because it renders the urine less irritating and because of the mechanical effect of the passage of large quantities of water. When there is retention of urine, medical help must be obtained at once.

Stricture is commonly treated by physicians through the use of sounds, and to a certain extent also by means of caustics. I do not believe that caustics can ever be recommended. Certainly one should never experiment upon oneself in this way. The forcible passing of large quantities of non-irritating urine, following free water-drinking, is a better way to expand or open the constricted part. In a case of organic stricture, one may even compress the meatus of the urethra when on the point of urinating, thus holding the water back in the canal, and causing the constricted part to be expanded or opened. A little force in the expulsion of the water under such conditions will make this procedure very effective, and the tissues will not be lacerated, as they often are by the passage of sounds and probes. When there is much inflammation, however, one must be careful with this method, as there is danger of causing rupture of the urethra with serious complications. If there is marked tenderness it would be well not to use it at all, but to pursue treatment to overcome the inflammation, as outlined for the cure of gonorrhea. Local wet packs are always helpful, hot if the condition is painful, but otherwise cold. Don't trust quack doctors, and avoid advertised remedies which claim to cure stricture by "dissolving" it.

STRICTURE.—Important features of treatment. The treatment of this complaint is to a large extent constitutional. The hot and cold sitz baths advised in gonorrhea is of great value if taken once daily. The sitz baths could be taken in the morning, and at least part of the night cold wet cloths should be applied to the affected part. A short fast or a rigid dietetic regime for a few days would

be of advantage though a full nourishing diet including a liberal amount of outdoor exercise is required to build the vitality needed in remedying this complaint.

Mud packs can be used advantageously in serious cases of this complaint.

The prostate and urethral exercise referred to in chapter 30, page 277, could be used with advantage.

Chancroid is a local infection, the least serious and the least frequent of the three common venereal diseases. It takes the form of an ulcer, usually found on the head of the generative organ, which secretes and discharges a purulent pus. It is not followed by constitutional or other symptoms, except for the infection of the lymphatic glands of the groin in many cases, causing what is known as a bubo. If great care in the way of cleanliness is not taken, one may have several ulcers of the same kind. The disease is seldom contracted except through association with the most unclean type of woman. The ulceration may be very severe, possibly destroying considerable tissue, but when cured one is through with it. In rare cases, when the infection reaches the larger blood vessels and gets into the general circulation, a general septic infection or blood-poisoning results and this may end fatally.

Chancroid is commonly called *soft chancre* to differentiate it from the *hard chancre* which is the initial sore of syphilis. It is important to distinguish between the two, but some authorities maintain that a Wassermann blood test and a microscopic examination is the only sure means of doing so, for at times the chancroid may be hard and the syphilitic sore soft. It is possible, too, to contract both diseases at the same time. The syphilitic chancre is not always, but usually, indurated or hardened, and is commonly smooth and glazed, with little or no secretion. The chancroid has rough, punched-out edges, and has a copious pus secretion. Again, the chancroid develops quickly, always within a week and often within two or three days after exposure, while the syphilitic chancre does not appear until fully three weeks, or more, from the time of exposure and infection. The "mixed sore," resulting from the complication of syphilis with the less serious affection has, at first, the appearance of the quickly developing chancroid.

The treatment of chancroid is to a large extent simply a matter of cleanliness, although the improvement of the blood is important. The free drinking of water and the use of a light diet, at least for a few days, the same as in gonorrhea, are essential. One must be careful to keep the secretions of the ulcer from reaching other parts of the body. Washing with soap and hot water or with an antiseptic morning and evening is necessary, after which a cold sitz-bath could advantageously be taken. Thereafter absorbent cotton wet with "black wash" made by adding calomel to lime water should be applied to the ulcer, and wrapped around the organ. The cotton should be kept on the ulcer continually to take up the purulent discharge and prevent other parts being infected. More frequent washings are advisable if convenient.

CHANCROID.—Important features of treatment. As this is a local complaint produced entirely by local infection, if the "black wash," previously referred to, is applied to the affected parts, immediately upon the appearance of the first symptoms, the disease usually disappears quickly.

If the disease has already progressed sufficiently to be accompanied by the swelling in the groin previously referred to, then the hot sitz-baths and the other features of the treatment could also be used.

Cleanliness of the parts, as described previously, must be rigidly insisted upon.

A short fast or a strict dietetic regime in the beginning of the treatment could be adopted with advantage, but as the treatment progresses, the diet must be sufficiently nourishing to build the highest attainable degree of vitality.

Bubo.—A bubo is an inflammation and enlargement of a lymphatic gland in the groin, resulting from infection, and usually of venereal origin. A simple bubo may be due to any ordinary infection, and is usually not serious. A virulent bubo is one of chancroidal origin, the virus from which is capable of inoculating others.

The bubo characteristic of syphilis is usually not painful, and simply takes the form of a hard swelling of these glands. Chancroid is most frequently followed by bubo, the disorder being painful and frequently ending in suppuration. It may appear a couple of days after the chancroid or later. When following gonorrhea it appears usually one or two weeks after.

The first symptoms of a bubo are hardness and swelling of the gland, pain in the groin, tenderness, heat and discoloration, as in any inflammation. A mild case may go no further than this, but when more serious the pain may be continuous for a few days before suppuration occurs, when the pain subsides and a softening of the part can be felt. The bubo next turns dark and finally breaks, discharging the pus, very much like any other abscess. Free drainage is desirable, and great care to maintain cleanliness. In a serious case surgical help for the purpose of opening up the abscess and insuring good drainage will be advantageous. If the pus burrows into the surrounding tissues, other abscesses will follow, or the skin may be perforated at several points, forming fistulous ulcers, and more or less destruction of tissue. When the chancroidal bubo discharges, the edges become ulcerated with the chancroid virus, often resulting in much destruction of tissue, and nearly always in very slow healing.

The first signs of trouble indicate the need for quiet. In fact violent exertion may be instrumental in carrying the primary infection to the lymphatic glands. Constitutional treatment is then necessary—free drinking of water, a light diet, with plenty of fruit and green vegetables, and the avoidance of constipation. A fast of one or two days is recommended. Of course the original disease should have first attention, with such sitz-baths and other treatment as may be required. When the swelling is very painful, hot sitz-baths are especially helpful. Hot enemas may also be used. This general treatment will in nearly every case prevent suppuration. It is especially important to avoid alcoholic drinks of all kinds.

In the very beginning, the application of cold wet cloths and cold sitz-baths will often give relief, but if the pain becomes more severe hot water will be found more soothing. After the bubo breaks, or is opened by the surgeon, great care in the way of cleanliness will be necessary. Use absorbent cotton plentifully for this purpose, to absorb all discharges, and as much of the time as possible use wet packs, dipping the cloths in cold salt water or in some mild antiseptic solution.

BUBO.—Important features of treatment. The hot sitz-bath and the hot and cold sitz-bath advised in gonorrhea are valuable in this disease.

Cold, wet cloths applied to the affected part

is of especial advantage, though the constitutional treatment previously referred to will be of decided advantage.

Mud packs are of special value. Apply at night and allow pack to remain until morning.

Syphilis.—Syphilis is the one infectious venereal disease that is constitutional, poisoning the blood, secretions and tissues of the entire body. It is sometimes called "the pox." Fastidious persons often call it by the polite name of "Lues," and still more often it is hinted at by the indefinite name of "blood-poisoning." The specific microorganism which is now believed to be the active factor in syphilis is a protozoön, the *treponema-pallida,* which is threadlike or spiral in form, or corkscrew-shaped, and possessed of great vitality.

There are three methods of infection. First, direct transmission, from one person to another. Second, mediate transmission, in which the poison is carried by a towel, drinking-cup, tooth-brush, dental or surgical instrument, spoons, forks or other table implements, or any other object upon which the virus has been deposited by a diseased person. Infection in this way is commonly called "innocent" or accidental. The saliva of a syphilitic is literally alive with the germs, so that kissing, and the use of drinking-cups, towels and other objects that touch the mouth are sources of danger. The third method is congenital transmission. Syphilis is the one disease that is directly inherited, though usually the offspring is fatally infected before the time of birth.

Infection most commonly takes place through sexual intercourse, though it may enter the system through a scratch on any part of the body. Direct infection depends upon some break or abrasion of the skin, or of the epithelium of a mucous membrane, which offers a doorway, so to speak, through which the poison may reach the blood. A fissure in the skin or mucous membrane may be so small that you cannot see it, but if it is there it will provide a channel through which the disease may enter the body. This explains why one may sometimes escape, even when exposed. Such escape, however, is not usual. Intercourse itself is likely to produce the slight break in the mucous membrane or skin which will admit the infection. It is claimed that it may sometimes penetrate through a thin soft membrane without any such abrasion.

The incubation period of syphilis is usually about three weeks, sometimes a little less, and often longer, even up to six weeks. This is one way to distinguish it from chancroid, in which the sore appears in from two or three days up to a week after infection. See the comparison given on page 320.

The first sign of syphilis is the hard, red, glazed sore or ulcer, known as a chancre, which is found on the site of infection. This does not, as a rule, give one much trouble. It usually heals up by itself in a few weeks, though sometimes it develops into an inflammatory or gangrenous ulcer, in which case it should have the care as to cleanliness and antiseptic treatment that I have suggested for chancroid.

The second symptom characteristic of syphilis, following closely upon the appearance of the chancre, is the swelling and hardening of the nearest lymphatic glands. This of course means in most cases a syphilitic bubo in the groin, which is not painful. If the chancre is on the face, the glands of the neck swell; if on the hand or arm, those of the armpit are involved.

The second stage of the disease, called secondary syphilis, is usually reached in about two months after the development of the chancre. It may be from six weeks to ten weeks after. If these constitutional symptoms do not show up for from three to six months, you can assume that the suspected sore was an ordinary pimple and that there is no danger.

With the secondary stage there is more or less enlargement of all the lymphatic glands, notably in neck, armpits and groin, but the most conspicuous feature of this stage is the characteristic eruptions and ulcerations of the skin and mucous membranes of the body. The throat and mouth, for instance, are subject to mucous patches and ulcers, which may also be discovered in the rectum and on other mucous surfaces. The skin symptoms take various forms, which may vary from simple eruptions to severe ulcerations and crusts. One can never tell where or when the manifestations of this disease will crop out. Usually there is a first eruption of a copper color, by which the disease is distinguished from most red skin disorders. These blotches or pustules dry in a little time, after which they may be rubbed off like bran, leaving the skin apparently in a fairly healthy condition for a time, but the rising hope of the sufferer is soon dashed to the ground bv the appearance of another eruption, probably more severe than the first, and taking the form of a serious ulcer. The various eruptions may vary in color, but the copper color is most frequent. Vesicles like those of small-pox, drying and leaving scabs, may develop, or there may be blotches covered with scales, followed by scabs and shallow ulcers with copper-colored edges. The ulcers of the mouth, throat and rectum, however, are likely to be the most troublesome, often being thought to be cancers or fistulas. The hair is usually affected in the secondary stage, falling out extensively; and one is likely to suffer more or less from fever, pains in the head, joints and bones, loss of weight and strength, mental torpidity and other general symptoms. The headaches and pains in the bones are sometimes severe.

The third stage, or tertiary syphilis, is that which involves the more frightful developments and ravages of the disease, the "horrors" which are so much feared. With proper treatment one should not reach even the second stage, but when the poisons have not been eradicated from the system, and the vitality is lowered, serious symptoms are likely to ensue. The third stage involves the deeper structures, such as the vital organs, the internal membranes and the bones. Any part of the body may be attacked. The formation of characteristic tumors or "gumma" is the rule, in the third stage, leading to the degeneration of the tissues affected. The bones may be eaten away, piece by piece, those of the nose and face being often the first to suffer in this way. The associated pains are usually most frightful at night. The eyes and ears may suffer, ending in blindness and deafness. The nails may go. The vital organs may be involved and the blood-vessels are usually affected more or less, even when the disease does not reach the third stage. The weakened arteries may later on be responsible for a rupture in the brain, or apoplexy.

In the past, medical men have regarded syphilis as having only these three stages. But there is sometimes a fourth stage, possibly occurring twenty or twenty-five years afterward, in which the brain and nervous system are chiefly concerned. The fact is that paresis, or general paralysis, the most dreaded and always fatal form of insanity, is in nearly every instance due to syphilis which has been "cured" (?) a long time previously. The same thing is true of locomotor ataxia, which is nearly always the result of the same disease.

Hereditary syphilis naturally does not have the first stage, or chancre, but otherwise is not unlike the ordinary case, and is very commonly accompanied by deformities, often by mental defectiveness. However, when syphilis is active in the parent an abortion is almost certain to take place. As the severity of the disease is diminished somewhat, the next child may go to full term and then be born dead. As the virulence of the disease is further decreased a living child may be born, which may or may not die shortly. The mortality among such children is very high. When a syphilitic child lives it may present no appearance of the disease at birth but symptoms usually manifest themselves in a few weeks. Sometimes the marked developments of the disease do not occur until puberty or later. The eyes and bones are likely to suffer. The brain and nervous system are often affected, epilepsy sometimes resulting. In babyhood the symptoms include a peculiar snuffling, difficult breathing, an appearance of old-age, emaciation, weakness and other indications of disorder.

The treatment of syphilis requires most of all a course of blood purification and vitality building. All natural measures that help to eliminate poisons from the system and to build resistance will be helpful, and a regimen that will most thoroughly accomplish these results will offer the best and speediest means of cure. I have known of many cases in which the most surprising results have been accomplished by such constitutional treatment.

Mercury has been the favorite resort of the medical profession in the treatment of syphilis for an indefinite time, but there is good reason to believe that so far as this poison is concerned the treatment is even worse than the disease. Chronic mercurial poisoning often adds to the difficulties of the body already struggling against the syphilitic poison.

One of the most important features of the treatment is abstinence from both alcohol and tobacco. Not only do these poisons directly cause the patches and ulcers of the mucous membranes to be much more numerous and severe, but they weaken the resistance of all the tissues. I am inclined to believe that the virulent character of this disease in the past has been due in part to the fact that it has most commonly been contracted by the more or less dissipated class of men, those who both drink and smoke, and who are usually disinclined to give up their pet habits even for the sake of a cure. It is well known that women as a rule bear this disease better than men, or at least show it less, and it is quite likely that this difference is due to the fact that women as a rule do not use tobacco and alcohol, or at least consume them to a less extent than men. In any case, it is impossible to make any progress with any kind of treatment if one uses either of these poisonous narcotics.

Constitutional and blood-purifying treatment should be commenced upon the first appearance of the chancre. Cauterizing this primary sore does some good, despite the fact that infection has already entered the blood. Cleanliness and antiseptic washes may be used, but no strong antiseptic that will have a destructive effect upon the tissues.

Fresh air and exercise are of vital importance. Cleanse the blood stream through activity and plenty of oxygen. Work outdoors, live outdoors and sleep outdoors if you can. Get as much active exercise as you can stand without lowering your vitality. Walks are invaluable. Try to walk ten miles a day at least, and walk fast enough to make you breathe deeply and perspire.

Drinking water will help greatly in purifying the blood. Drink at least two or three pints of hot water within an hour after rising in the morning. Use distilled water by preference, and quarts of it. Boiled water is next best, but the softer the better. "Hot springs" have no special value over the water at your own home, if you will only use the latter as freely. The "Hot springs" fallacy has grown up, because many have not the strength of mind to follow the same regimen at home.

The eliminative activity of the skin should be encouraged by friction baths daily, except where eruptions interfere, by air baths and sun baths in every case, and by the external use of water. The air baths and sun baths are more important than you may think, and I would insist upon them if you wish the best results. A wet sheet pack each day or three times a week, would serve as a powerful eliminative treatment, combined with a soap-and-hot-water bath twice a week.

After the cold wet sheet is thoroughly wrapped around the body, one should be bundled up with blankets outside of it, remaining in the pack a couple of hours if convenient. The sheet should be boiled afterward. If the sheet pack is not convenient, take a cold sponge, dip or shower in the morning, following your exercises, and take a short hot bath of five or ten minutes each evening, followed by a cool sponging or shower. These will have an active eliminative influence. A dry hot-air or steam bath once a week will also be effective. A cabinet bath is satisfactory.

The skin eruptions, when ulcerations are present, should be treated with a mild antiseptic wash after your baths. You may use a weak solution of permanganate of potash, bichloride or any other standard antiseptic. Any mouth wash for the mucous patches must be mild. Peroxide of hydrogen or even boric acid or salt water may be used. Thorough and prolonged boiling of all underwear, handkerchiefs, napkins, towels and the like used by the syphilitic is necessary.

The diet should be limited in respect to rich foods. It is usually best to avoid meat entirely, but eggs may be used in moderation. Tea and coffee should be eliminated from the diet, but buttermilk is highly to be recommended, if you like it. Use fruit as extensively as your appetite will permit, also green salads and all vegetables that grow above the ground, preferably uncooked, if they are palatable that way. Fruit drinks, such as apple juice, unfermented, grape juice, orange juice and lemonade are all advisable, but be sure they are pure.

If one has much flesh to spare it is well to commence the treatment with a fast of one or two weeks. This is a rapidly-purifying treatment. If you have no flesh to spare, it would often be a good plan to fast a couple of days, drinking water plentifully, and then adopt the exclusive milk diet for a few weeks, after which adopt a diet of fruit, salads, nuts, cereals and other natural foods. Fresh milk does not harmonize so well with other foods as buttermilk or fermented milk. Overeating should be guarded against. Constipation particularly should be combated, according to the suggestions given in a previous chapter.

Everything must be done to build vitality. One should get just as much sleep as possible, and in the fresh air. It is best to avoid excitement. Live a quiet healthful life that will tend to purify your blood and give you the maximum degree of energy. If you follow the suggestions for treatment that I have given here, together with the advice as to exercise and other matters relating to virility building, you can depend upon a much more rapid recovery than would be possible from drug treatment.

The question as to when one is really cured and in a condition to marry is a very delicate and puzzling one. One may seem cured and yet carry traces of the disease. Positive signs of it are certain evidence of its presence. Lack of such signs, however, is not evidence of its absence. Even the Wassermann blood test is not entirely reliable. The positive reaction is said to be conclusive. But the negative reaction, while a favorable sign, is not absolute evidence of a cure. The disease may reappear at any time, and in any form. It is the rule, however, that some years after recovery from syphilis a man will have normal and healthy children. It is entirely a question of being free from the disease, but this is always uncertain. Some syphilologists hold the opinion that a syphilitic man should never marry. The preponderance of opinion on the subject, however, is that it is usually safe to marry in about five years from the time when the disease was contracted, provided there have been no signs of it for at least two or three years. It is well to have a series of blood or Wassermann tests at intervals of two or three months, extending over a period of a year or more. Even this will not make the case absolutely sure, but if the results are negative the chances that the infection has been eradicated are fairly good. The former syphilitic should always continue, however, to take the best care of himself, keep his blood in good condition, and even take a fast of three or four days twice a year as a constitutional and cleansing measure. He should form life-long habits of fruit-eating, water-drinking, outdoor exercise, long walks, air baths, sun baths, friction baths, daily cold-water baths and frequent hot baths.

SYPHILIS.—Important features of treatment. A fast of from seven to fourteen days is of unusual value in the treatment of this complaint.

The exclusive milk diet to follow the fast as advised, is another remedy that produces extraordinary results.

Frequent bathing and dry friction baths to insure an active skin is very important.

If the milk diet is not used then water must be drunk very freely.

Foods must be used that will insure bowel activity. Constipation aggravates this complaint.

A full nourishing diet is not advised. Use as little food as possible to maintain your weight and strength. Two meals a day are better than three,—one is sometimes better than two. Thorough mastication must be insisted upon. Outdoor exercise of all kinds, especially walking, is rigidly required.

These more important suggestions together with the previous hints ought to enable any one to remedy this terrifying complaint if it has not progressed too far.

CHAPTER XXXIII

The Prevention of Venereal Disease

MORE important than the cure of disease is its prevention. This applies with special force to venereal diseases.

Can they be prevented? Can they be stamped out? What can be done by the individual to avoid them? What can be done by society at large to eliminate them from human life?

Cholera and the bubonic plague have been virtually eliminated from Western civilization. Yellow fever has been almost completely wiped out in Havana, in the Panama Canal Zone, and in other districts. The ravages of small-pox have been reduced, not through vaccination but through sanitation, until it is now exceedingly rare. And so with many other infections. It seems therefore, that it ought to be possible to control venereal disease, partly at least. Even if it cannot be stamped out, yet it would be a great achievement to so reduce the number of cases that there would be only five thousand syphilitics in the United States instead of five millions, though of course that would be five thousand too many.

But can such an improvement be brought about? So long as we have prostitution we shall also have venereal disease, and most of those who have studied the problem deeply are not very hopeful about the possibility of ever doing away with prostitution. This evil has existed ever since the beginning of civilization, and may possibly continue to exist in spite of all the best-laid plans of all types of reformers—and unfortunately most reformers make no attempt to go to the root of the evil. It is true that through an extensive campaign of education along the line of prophylaxis, the amount of infection incidental to prostitution might be greatly lessened, but it would be a practical impossibility to force all prostitutes to practice such prophylaxis, even granted that one could perfectly protect oneself in that way. Also, the clandestine prostitute could not be subjected to sanitary control, and so long as she exists she will always be the highly dangerous source of infection that she is to-day.

It is high time for our departments of health to show some activity in dealing with this form of disease. It is not sufficient to maintain dispensaries in which the victims may receive "treatment." *Prevention* is the important thing. Some day, after all the rest of the world has been aroused upon the subject, our departments of health may finally become interested. When that time comes every case of venereal disease will be quarantined—just as other infectious and contagious diseases are quarantined. Of course, there are certain obstacles in the way of such a program, as for instance, the likelihood that many sufferers would conceal their ailment and even go without treatment rather than be reported and quarantined. But it must come some day, in spite of all difficulties. Meantime our chief means of prevention lies in reducing prostitution to a minimum.

Vice commissions in various great cities have recently given a great deal of study to the subject, as have social workers, physicians and sociologists generally. So far, they have not accomplished much. Questions of regulation, registration, examination and license have been much discussed, but the prevalent opinion among these investigators is that regulation and registration are not successful. There are many, however, who still advocate these measures as tending to lessen the amount of infection. My own opinion is that we can accomplish very little by medical examination of the prostitutes at intervals, if we do not at the same time examine all of their male visitors as well. And this is never even considered. Furthermore, it is impossible to register those who ply their trade clandestinely.

There are some factors in this problem that are not usually taken into consideration by the vice commissions and most writers on the subject. The first of these undoubtedly is prudery, with the ignorance resulting therefrom. The second is bachelorhood, with its pretense of celibacy and actual promiscuity, in many cases. The third, and most important of all, is alcohol. Improperly conducted restaurants, theatres, dance-halls and other institutions of that nature are largely incidental.

Ignorance is always a source of danger, particularly in this matter, and it is entirely the result of prudery. If only the world would face this problem honestly and squarely, instead of shutting its eyes to it and keeping it in the dark, under cover, much of the danger would disappear and the harm done would be minimized. Think of the criminal folly of turning our young people loose in the world without knowledge of the most serious of all dangers that they will surely have to face. I know that there has been much objection to the teaching of sex hygiene to young people on the ground that knowledge is not always sufficient to restrain them from wrong-doing. This is undoubtedly true, but at the same time knowledge is safer than ignorance and if it did not save all of our young people, it would save most of them. A large percentage of venereal infections occurs among young men under the age of twenty-one.

It is true that there are many men who know that they are practically certain to contract what they familiarly call "the clap," but most of them are entirely ignorant of the terribly serious and dangerous character of this disease, for have they not been told with terrible untruth, that it is a trifling matter, "no worse than a cold"? Even here, where they possess a little knowledge it is really ignorance that makes them foolishly eager to take the life-damning risk. Some men, we must admit, would not be restrained by any consideration, even by the risk of life itself; yet there is no question that a large number, probably the large majority, would not dare to take chances if they truly knew what they were exposing themselves to. And up to the present time the prevailing policy has been to keep the young people in as nearly absolute ignorance upon the subject as possible. An extended campaign of public education along this line is the first requirement. And if we could entirely do away with prudery, so that the subject could be discussed honestly and freely, it would be possible very soon to develop other methods of fighting the evil of prostitution.

I have mentioned bachelorhood as a factor in this problem. What can we expect to do with the social evil so long as nearly one-third of the men of marriageable age in the country are unmarried? This means millions of men who are pretending to live celibate lives, but who are actually living immoral lives. It is foolish for us to continue to shut our eyes to this fact. It does not solve the problem to say merely that these men *ought* to remain continent if they are not married. A few of them do so. But the fact—the hard, cold, relentless fact—is that the majority of them find a substitute for marriage, either in prostitution, or in the degradation of young women who serve first as mistresses only to join the ranks of the prostitutes later.

It is often said that prostitution is maintained in large part by married men. Unfortunately there is a certain amount of truth in this statement. I believe, however, that the percentage of married men among the patrons of the houses of ill-fame has been greatly exaggerated. The majority of married men live a decent life. When they do visit the brothel, I am convinced that it is usually because they have formed the habit of so doing before marriage. If they had married earlier they might never have fallen into the habit. The man who has not been accustomed to such a life will not be likely to commence it after marriage. The more general practice of fairly early marriage, therefore, would go a long way toward reducing the social evil.

The alcohol question in its relation to venereal disease is important whether we consider it as a public one, relating to legal prohibition or restriction, or as a private matter, relating to the habits of the individual. The fact is that the saloon and the brothel are never very far apart. Alcohol and sexual debauchery commonly go together. I have already referred to this relationship of the two evils in a previous chapter, on "Sowing Wild Oats," showing that most girls "go wrong" in the first instance when under the influence of liquor, and that most young men also "go wrong" in the same way. No man who has any respect for himself can afford to drink, if only for this reason. He should understand what drinking so often leads to. Not only is an intoxicated man more nearly certain to contract a venereal disease, when exposed to it, than a man who is sober, for various self-evident reasons, but in many cases it is only because his senses have been taken away by the alcohol that he exposes himself to the infection. I cannot too strongly emphasize this point. Until the liquor problem has been solved, if it ever is, it will be impossible to accomplish very much in the direction of minimizing either the social evil or the diseases that go with it.

We may assume, therefore, that there will always be some danger of infection, even of innocent infection, for prostitution we will always have with us. But if we cannot deal with these evils adequately in a public way, at least the individual may do what he can to safeguard himself.

Ordinary cleanliness and hygiene are usually sufficient to protect one against accidental infection. One should be careful to avoid the use of public towels, public drinking-cups, unwashed fruit, unsterilized dental or surgical tools, borrowed lead pencils moistened with possibly syphilitic saliva, public hairbrushes and combs, and various other objects that may carry infection. The public toilet seat may be a medium of infection. It is best to shave oneself; otherwise make sure that the barber follows sanitary methods. Always avoid placing the fingers in the mouth after having the hands on public stair-rails, car-straps, or other places where the hands of others have been.

Kissing is the most frequent of all causes of infection, aside from intercourse itself. The saliva of a syphilitic person is literally alive with the germs. A strange woman, for instance, has been known to infect a child by licking a piece of sticking-plaster to apply to a scratch on the latter's knee. No matter how attractive the lips may look, there may be ulcerous patches just behind them of the most dangerous kind. It is never safe to kiss a strange person. Parlor games which call for promiscuous kissing are extremely dangerous.

Leaving accidental infection out of the question, the only satisfactory or perfect method of avoiding venereal disease is to live a clean and continent life. This is absolutely safe, and it is truly the only course open to a self-respecting unmarried man. There are many physicians, however, who believe in the teaching of prophylactic measures by means of which one who has been exposed to infection may protect himself. It is pointed out that, as the experience of the world proves, there are some men who will not be deterred by fear of disease from exposing themselves to the danger, and that under such circumstances it is better for them to be able to protect themselves than to contract these diseases and then transmit them to innocent wives and children. The great trouble with this plan is that none of the suggested prophylactics are entirely dependable, and that because of the false sense of security they give many men will be inclined to take chances, whereas under other conditions they might restrain themselves.

Various governments have at times put into practice the use of such prophylactic measures in the army and navy, and usually with remarkable results in diminishing, if not eradicating, venereal disease. In some army posts the exposed men are ordered to report at the hospital for preventive treatment immediately on return from absence. In others the men are supplied with what is called a prophylactic packet, containing a calomel ointment in one end of a collapsible tube, and a two per cent. protargol solution in the other. It is reported that in one army post where a hospital-corps attendant was on duty day and night, and where consultation and treatment were given in strict privacy, only fifteen cases of disease followed one thousand six hundred and seventy-five prophylactic treatments, which is less than one per cent. of those exposed. So far as conditions in the army are concerned, such results are certainly worth while.

It is sometimes necessary for a husband and wife to be able to protect themselves against each other. The infection of the husband by the wife is, of course, comparatively rare. The reverse is, unfortunately, not so uncommon. There are said to be a million innocent wives suffering from gonorrhea in this country—a sort of wedding gift from their husbands.

It is on this account, and because of the possibility of syphilitic infection, that thorough examination of all men before marriage is desirable, as a part of any public program to limit the spread of these diseases. Some States have already passed laws calling for a certificate of health as a requirement for securing a marriage license, and this is certainly a step in the right direction. It is also true that no physician can *absolutely guarantee* that a man who has had either gonorrhea or syphilis is entirely free from it. At the same time marriage with this precaution is much safer than marriage without it, and in a million marriages such a measure would undoubtedly save thousands of wives from the frightful consequences of these diseases. When the law does not require such a certificate of health as the condition of obtaining a marriage license every father should protect his daughter by demanding it. Or she may demand it for herself, but any young man who is a gentleman in the highest sense will not wait for the demand. He will voluntarily present his bride-to-be with such a certificate of health. The examination should properly be made and the certificate of good health issued not by the young man's physician, but by the physician of the young woman, who may be presumed to have her interests at heart.

There is a time coming when no one will think of marrying without such a certificate of health for both parties to the contract. Under existing conditions, however, it will be a sufficient achievement to establish the practice of demanding such assurance of health from men only. There is seldom danger of serious infection from the wife. At the same time, there are cases, as when a man marries a widow, or even under ordinary circumstances, in which he may suffer at the hands of his wife. And the fact that it is impossible to absolutely guarantee a cure, even by the most thorough tests and examinations, makes it essential that both men and women should be able to protect themselves under these unusual circumstances.

As a rule, any infection which a man may contract from his wife is of a less serious character than those which she contracts from him. There is a rather widespread opinion that "a man may contract gonorrhea from his own wife," particularly during menstruation, even though she has not been infected with this disease. This notion, however, is absolutely unfounded. A husband does not contract this particular disease from his wife when she is free from it, though he may contract some other inflammatory infection that resembles it. He may be unable to tell the difference, but the difference is very marked, nevertheless. There is only one way in which a man can be infected through contact with a woman who is free from disease, and that is when she has just previously consorted with another who is so tainted, and who has left upon her person the virus of the disease. This oftens happens in houses of prostitution, but the possibility is practically out of the question in marriage.

It is important to know these facts, for ignorance of them may lead to false and unjust accusations in marriage and possibly to domestic tragedies. Infections that are not specific or gonorrheal in nature, and which are entirely innocent, so far as the wife is concerned, occasionally take place, but even they would not be possible if a woman were absolutely healthy. When any such thing takes place, it is because of some diseased condition, involving catarrhal discharges that are more or less purulent in nature, and inflammation of the womb or related parts. If the condition of these organs is absolutely wholesome and healthy, a man could not even contract an infection of this kind during the menstrual period. Of course there are other reasons for avoiding any relationships at this time, if only those of fastidiousness, but unless the discharges are purulent with disease secretions, there is no possibility of infection resulting from such intercourse. However, when the wife suffers from any inflammatory disorder, however mild, the husband should take certain precautions, which, while very simple, are usually effective.

There is another condition that often demands care of a similar nature, and that is the possibility of re-infecting oneself after it is thought that a previous attack of gonorrhea has been cured. As already said, in some cases the active symptoms may have disappeared, although the disease lies dormant, the germs quietly sleeping, so to speak, in the recesses of the prostate gland. Unusual excitement or activity, such as the first experiences of marriage, may force them out of their hiding place, into the urethra, and cause reinfection. The ignorant husband in such a case is likely to accuse his wife when he is himself to blame. The man who has previously suffered should be on the lookout for any such recurring symptoms, and immediately take measures to prevent the development of the disease, and to avoid infecting his wife. The prophylactic treatment would be the same as that used to protect against non-specific infections.

Lead a clean decent life, one that will command the respect of others and also entitle you to your own self-respect.

Avoid alcohol, above all things. "Go in" for athletic pastimes and outdoor activities. Fairly early in your twenties, if possible, marry a good, pure girl, and give her as good as you get in the way of clean blood and a pure life.

CHAPTER XXXIV

Various Problems of Young Men

IN this chapter I am taking up a variety of subjects which have not been covered in the chapters devoted to the more important matters.

Balanitis.—This is an inflammation of the inner side of the foreskin or prepuce, including the glans, with a purulent discharge. It is the result of uncleanliness and may be cured by cleanliness. Thorough and frequent washing with soap and hot water, with the prepuce drawn back, is necessary. If soap is too irritating, use a solution of boric acid.

Castration.—This is an operation for removing the testicles, resulting in sterility and impotence, though in a few instances, if not performed early in life, it may not produce complete impotence. I have referred to this subject in an early chapter. Slaves for service in harems in Oriental countries are often castrated, being called eunuchs. The operation prevents the normal change of voice, the growth of the beard and the development of the physical strength and mental vigor characteristic of virile manhood. Castration is the surgical treatment for cancer or tuberculosis of the testicles and for a syphilitic tumor involving them.

Circumcision.—This is an operation which consists in cutting off a part of the prepuce or foreskin from the penis or generative organ. The practice is to cut off as much of this as can be drawn forward beyond the extremity of the organ. Ordinarily the head or glans is more or less protected by this sheath, but after circumcision it is uncovered and exposed. It is supposed that because this part is rendered tougher and less sensitive by the operation that the individual will be less liable to contract syphilis. The percentage of circumcised persons suffering from this disease, however, definitely proves it is by no means a sure preventative. So far as gonorrhea is concerned circumcision can have but little effect either.

This operation was originally a religious rite among the Jews and Mohammedans, and is still practiced as such among them. It is now recommended in occidental countries as a sanitary measure, although its relation to freedom from venereal disease is not apparent. It is justly claimed for it that it favors cleanliness generally. This usually depends, however, upon the habits of the individual, whether cleanly or the reverse. Only when the prepuce is too tight, so that the glans cannot be uncovered for thorough cleaning, is circumcision necessary. Inflammation is often caused by uncleanliness, and in such cases if the condition is due to an abnormality of the prepuce, no time should be lost in having the operation performed. Otherwise there is seldom or never any advantage in it.

When the prepuce, while large enough, seems to adhere to the glans, as it sometimes does in infants, it may usually be loosened with a little care. A good way to accomplish this is to force into the enclosure created by the foreskin a small quantity of water, preferably soapy water, by means of a rubber-tipped glass syringe, holding the opening firm around the syringe. Rinse well, using a boric-acid solution for the purpose, if there is inflammation. Repeat the treatment twice a day until the adhesion has been overcome.

Cold Water Injections, for Impotence.—See discussion of nitrate-of-silver treatment, in this chapter.

Confessing One's Past.—Should a man confess his past before being married? Should he demand that his intended wife tell her past?

This is a moot question. It is true that impulses of love, trust and confidence lead one to confess, when there is a "past." But it is partly a practical question, depending upon whether or not such a confession will be beneficial or destructive to the happiness and harmony of the home.

Will the knowledge of each other's previous indiscretions be used later as a basis of taunts and quarrels? Will either take advantage in this way of the confidence reposed in him or her? Or is it certain that both will be so broadminded that there will be no lessening of respect? Many of us have made mistakes. Is it not really the present rather than the past that counts? When a confession is likely to lead to future trouble, is it not foolish to take the risk just for sentimental reasons?

On the other hand, many will hold that there cannot be any real happiness without complete confidence.

There are cases in which it appears to be a man's imperative duty to inform his fiancée as to his past. If it has been such as to produce sterility, it is his absolute duty to tell of it. If there has been recent venereal disease, and even the slightest possibility of infection remaining, it is his duty to tell all. If the past has rendered him in any way unfit or partially unfit for the normal marriage relations, the confession should be made.

But when the dead past is buried with its dead, and no result remains—is it wise or unwise to confess? The question must be decided by the individual. When one is sure to be misjudged, when the revelation will result in misunderstanding, when the other party is prejudiced by conventional views, and bigoted on the subject, and there has been no harmful result of any kind, then the confession may cause loss of respect, unhappiness and possibly the breaking up of the home. It may be inadvisable in a case of that kind.

Foreskin, Adhering.—See Circumcision, this chapter.

Hematocele.—A swelling in the scrotum due to an effusion of blood or internal hemorrhage, resulting from accidental injury, wounds or violent straining. It differs from hydrocele in being opaque. The treatment is rest, quiet, lying on the back with hips raised, fasting, limited drinking, and the local application of cold wet cloths.

Hermaphroditism.—An hermaphrodite, colloquially often called "morphodite," is one supposed to have the organs of both sexes, though the fact is that such persons are rarely met with, usually having only some deformity which bears a remote resemblance to such a condition. The popular notion about persons who are half man and half woman, or both man and woman in one, in any degree of completeness, is almost pure superstition. Very rarely there are cases in which one may have the organs of the other sex in an exceedingly rudimentary form, and certainly these rudimentary parts do not function. The condition is doubtless the result of imperfect development, or lack of growth of the parts in an early period before birth.

Herpes of the Genitals.—An eruption of blisters or vesicles, similar to "shingles," usually on the prepuce. Probably the result of uncleanliness or irritating secretions. Wash frequently with boric acid. Constitutional, blood-purifying treatment is important.

Hydrocele.—A swelling or enlargement of the testicle due to an accumulation of fluid, more or less clear, in the serous sac, or tunica vaginalis, immediately surrounding the testicle. It is often more inconvenient than painful. Sometimes mistaken for rupture, sometimes associated with rupture. It may be due to injury, infection, tuberculosis, obstructed veins or dropsy. It is sometimes congenital. The treatment should depend upon the cause. In some cases, rest on the back, the local application of cold wet cloths, fasting and limited water drinking will be sufficient. Tapping may be necessary in some instances.

Hypospadias.—A deformity in which the opening of the urethra appears on the under side of the penis instead of at the end. It usually accompanies more or less deformity of the part. Surgical treatment may be useful in correcting the condition.

Milk Diet.—I have referred to the exclusive milk diet in several places in this book as being valuable in some cases of impotence, or wherever there is an extreme degree of debility, loss of flesh and neurasthenia in connection with sexual weaknesses or disorders. It is not wise to attempt the milk diet without a thorough understanding of the necessary procedure, and it might be well to have the supervision of some one who is familiar with it. It may be helpful, however, to give briefly a few of the important details.

The best results are always obtained by fasting from one to three days before commencing the milk diet, at the same time drinking water freely and taking one or two full enemas. Then take a glass of milk every half-hour through the day. It would be well to use only three or four quarts the first day, and gradually increase the amount until at the end of three or four days you are able to consume from six to eight quarts daily. Sip it very slowly, taking five to ten minutes to consume one glass. Use nothing but the milk in this diet, except for lemon juice the first thing each morning, or at any time during the day when it is appetizing. The lemon juice may be diluted with a little water. If the milk is not appetizing, use more lemon juice, or fast half a day, drinking water freely. If there is constipation, increase the amount of the milk. If the patient is very weak, and the cold milk chilling, it may be warmed to the temperature of the body, like fresh-drawn milk. Pasteurized milk is less satisfactory than fresh raw milk of good quality. Jersey milk is too rich in cream; the milk of other breeds is better. In most cases the best results are secured with the milk diet when used in conjunction with comparative rest.

Nitrate-of-Silver Treatment.—A word upon the subject of the nitrate-of-silver treatment for sexual disorders is necessary because of its very extensive use by specialists. The reader has already seen that this antiseptic is often used for injections into the urethra in the treatment of gonorrhea, and also as a prophylactic measure to prevent this affection. It is also extensively used by physicians in the treatment of a congested, sensitive and irritable posterior urethra, such as often results from excessive masturbation, or may be found in connection with prematurity or partial impotence. The theory upon which this treatment is based is that by commencing with a very weak solution and gradually increasing its strength, the mucous membranes involved are hardened and rendered less sensitive. The chief objection to it is that in most cases the solution employed is too strong. I do not believe that anything stronger than a two-per-cent solution should ever be permitted. Nothing that causes pain in the urethra can be beneficial, and it is a good rule not to inject into it anything so strong that it could not also be put into the eye.

I doubt whether any real or permanent benefit in sexual weakness is secured by such treatment, though its antiseptic and cleansing value is unquestionable when infection has entered the urethra. Usually the physician prescribes with the local treatment some general health-building measures, and it is probably these that produce the good results, if there are any.

I believe that in most cases the external use of cold water will accomplish better results. If internal treatment seems necessary, an injection of cold, sterilized (previously boiled) water would do as well as the nitrate-of-silver instillation. A saline solution (teaspoon of salt to a quart of water), or a weak boric-acid solution, prepared with sterilized water, would probably be better. The objection to these is the possibly detrimental effect of the cold water upon the bladder. It is a good, practical rule that all irrigations of the bladder should be hot or at least warm. That is the chief reason why I did not particularly recommend these cold injections in the chapter on impotence. Another reason is that some persons might be careless in neglecting to use sterilized water, or in using a syringe that is not aseptic. Boil the syringe, too, if you try it. If you can avoid having trouble with the bladder, these cold-water or cold saline injections into the urethra would be likely to have a very pronounced effect for the better in a case of impotence or prematurity. It is not wise for any one but the expert to dabble with the nitrate-of-silver treatment.

Phimosis.—A condition of constriction or tightness of the prepuce or foreskin, such that the glans cannot be uncovered. Sometimes the opening is extremely small, and in rare cases it may be closed up, through adhesion. Circumcision is required. See Circumcision, also, for treatment of adhesion of the foreskin.

Paraphimosis is a condition of strangulation just back of the glans, or head of the generative organ, which may result when the glans has been forced through the narrow opening of the prepuce in a case of phimosis. Inflammation and swelling results. Oiling the parts will usually make it possible to draw the foreskin forward again over the glans. It should not be neglected, even if surgical help is necessary.

Priapism.—A disorder in the form of a continuous and persistent erection of the generative organ. It is sometimes due to some spinal disease, and is then very serious. In other cases it may be due to local irritation from prostate trouble or some other disorder, in which case treatment should be directed to the primary condition. Chordee is an erected condition with a marked downward curve frequently occurring in gonorrhea (which see).

Spinal stimulation and constitutional treatment are necessary. Hot and cold applications to the spine may be helpful in different cases. Plenty of active exercise, cold sitz-baths and local cold applications, if long continued, will be of value. A full bladder often aggravates the condition. General building-up is the most important remedial measure.

Rupture or Hernia.—There is no question that in many cases hernia has a weakening effect upon the sexual system, though it would often be nearer the truth to say that the general weakness is responsible for both hernia and sexual weakness. As a rule, hernia can be prevented by exercise that builds up the muscular walls of the abdomen, and in most cases it can be cured in the same way. Of course a properly fitting truss should be kept in place while executing such exercises, to protect the weakened part.

The question as to whether or not sexual intercourse should be avoided in this condition is one that depends largely upon the extent and seriousness of the hernia. If at all pronounced, it would be best to maintain strict continence until an improvement or cure has been brought about. Particularly in the case of a scrotal rupture is it advisable to avoid any sexual indulgence.

Satyriasis.—A condition of extreme and uncontrollable sexual desire, being the counterpart of the disorder in women known as nymphomania. In its more serious forms it is usually a symptom of brain or spinal disease, perhaps approaching insanity. In other cases, it may be a symptom of irritation or inflammation of parts of the generative system, especially the prostate gland or posterior urethra. Local treatment for these parts will be necessary. When the brain or nervous system is at fault, thorough constitutional and vitality-building treatment will be necessary. See the chapter on "How to Build Virility."

Sex Deformities.—Most deformities of the sexual organs are congenital (existing from birth) and little or nothing can be done for them, though in some cases surgical treatment may be advantageous. See hermaphroditism and hypospadias. The question of undersized or undeveloped organs is discussed in the chapter on impotence.

Testicles, Disorders of.—Inflammation of the testicles may be the result not only of gonorrheal infection, but of mumps, typhoid fever, general pus or septic infection, syphilis or tuberculosis. When the epididymis alone is affected, the condition is called epididymitis, and is in most cases the result of gonorrhea. When the body of the testicle is involved it is called orchitis. Sterility may result in either case. Injuries naturally cause inflammation. Tubercular or syphilitic inflammations sometimes take a chronic form. Constitutional treatment is always desirable, to purify the blood and build up the health. Fasting and water-drinking are always helpful in inflammatory conditions of any kind. Hot sitz-baths are invariably best, though alternate hot and cold sitz-baths, or alternate hot and cold local packs, may sometimes answer the purpose better. Enemas are usually helpful. Rest is important.

Apparent absence of the testicles may mean simply that they are "undescended," or in other words, that they are still in the pelvic cavity, where they first form. In normal cases they descend into the scrotum a few weeks before birth. Sometimes they do so later. In a few cases they never do. They may function satisfactorily, even if undescended, in some cases, but more frequently their functional power is poor or lacking. If one is virile, and the sex instinct normal, in spite of the condition, one need not be concerned about it, and it is not wise to have an operation performed or to meddle otherwise. Complete absence of the testicle is ordinarily accompanied by a lack of development and vigor.

Atrophy of the testicles was discussed in the chapter on impotence. In swellings of the scrotum one should consider the possibility of rupture, varicocele, hydrocele and hematocele.

Tuberculosis and Continence.—It is a matter of common observation that consumptives are often inclined to sexual over-indulgence. In most debilitating and wasting diseases there is a marked decline in sexual power and activity. The apparent exception in consumption may be due in part to the fact that tuberculosis most frequently occurs fairly early in mature life, and still more to the fact that the consumptive usually follows a very full diet of milk and eggs, or its equivalent in meats and other heavy food, while at the same time doing little or no work. The rest cure is usual, and with a full diet of proteid foods it is perhaps only natural that sexual desire should be easily aroused.

However, vital vigor is the all-important factor in combating tuberculosis, and a strictly continent life is for this reason advisable in all cases. This disease is so serious and threatening in all cases that one cannot afford to jeopardize one's prospects of recovery by any devitalizing practice. A separate bed out of doors is imperative in the case of every consumptive.

Venereal Warts.—These are vegetations or cauliflower-like growths, technically known as papillomata, which may appear on the genital organs as a result of uncleanliness, irritation from foul secretions or venereal disease. They seem to be contagious. Antiseptic washes are advised. Strict cleanliness is necessary, together with blood-purifying measures. They are painless, grayish, and inclined to slough off easily. Surgical treatment may be advantageous.

Married Life After Middle Age.—What should be the character of the marriage relationship after middle age? Should a man expect to continue the habits of his earlier years, or should there be a gradual decline in sex activity?

It is well known that women experience, between the age of forty-five and fifty, a physiological change which marks the end of the reproductive period. This is really the end of true sex activity, even though it does not necessarily mean that the sex instinct is obliterated. The "change of life" has very little effect upon the sex impulse in the case of some women. In others it is practically lost after this time. The general rule is that there is a gradual decline in the sex instinct following the menopause.

Men, however, do not experience any sudden physiological change of this nature. It is only natural, however, that there should be a decline in the force of the sex impulse after middle age, corresponding to a certain extent to the ending of the reproductive period in woman. It is true that in the case of a healthy man, virility should last as long as life, but it is a matter of common experience that the strength and power of the sexual urge is diminished from middle age on. And it is only natural that there should be a corresponding decrease in sex activity, even though one's vigor and virility are unimpaired. It is certain that excesses during this period of life cause one to age rapidly. It is even advisable in many cases to practice continence from the age of fifty or fifty-five years. A great many men are perfectly content with such a program, commencing even earlier in life. I have referred to this aspect of the question in the chapter on "Impotence," in discussing impotence in relation to old age.

It is wise for the young couple, therefore, to anticipate the coming decline in the sex instincts, and to prepare for their mutual enjoyment of the later years of life by strengthening the bonds of affection and companionship in other ways. There should be as many sources of mutual interest as possible, domestic, mental and social. Of course the strongest bond in many cases will be the children whom the couple may have raised. But usually the children leave home to establish homes of their own, and if the parents are still drawn to each other by their mutual interest in many things, in addition to the natural affection that has developed between them, it will make life much happier and more full of meaning. This does not necessarily mean that each one should not "live his own life," or that either should lose his or her individuality by having it merged into that of the other. But it is necessary that there should be a common interest in various departments of life, and mutual enjoyment of such things as music, the arts, literature, gardening, animal life, current events, business and various other matters, if the couple are to continue to enjoy each other's society during the later years of life.

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